
GLAMOUR
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JANUARY 2016
Happy New Year?
Hell, yeah
457
LOOKS
TO LOVE
(AND 25% OFF AT
ST. TROPEZ HELPS, NO?)
We got
grannies
on Tinder
(and it was
ah-maz-ing)
From waitress
to Star Wars
superstar
Daisy
Ridley
"People are getting tattoos!
Of my face!"
Life advice that
KICKS ASS
From
Lena Dunham
Kate Hudson
Suki Waterhouse
Fearne Cotton
Clare Balding
6 diet
lies we're
SO over
And the smart
stuff that works


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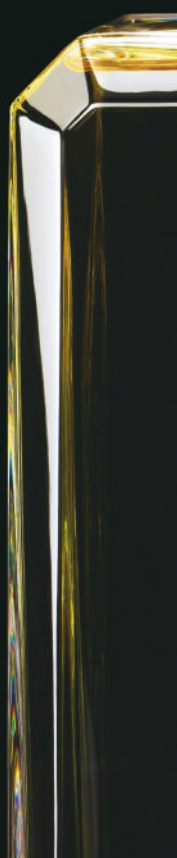
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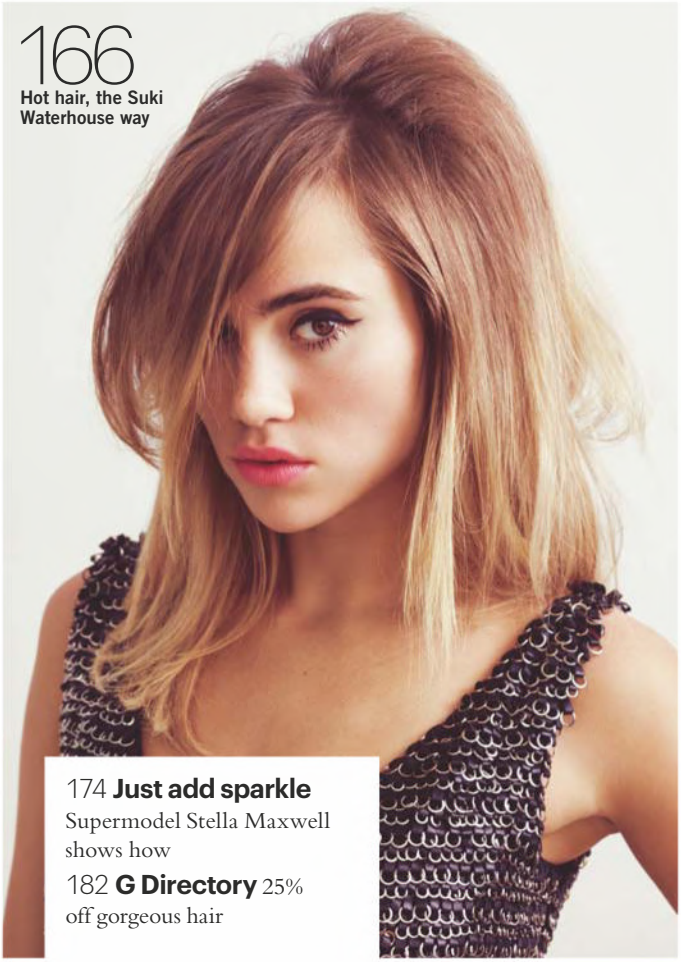

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WIN the cover look

ON THE COVER

Daisy Ridley photographed by **Alexei Hay**
Styled by **Sara Gilmour**
Hair **Perrine Rougemont at Caren**
Make-up **Mary Greenwell at Premier Hair And Makeup**
Manicure **Michelle Humphrey at LMC Worldwide**
Fashion Assistant Holly White
Top and culottes both **Marques'Almeida**; necklace **Dior**



MAKE-UP

Get Daisy's glam look, courtesy of Revlon. One reader will win: **PhotoReady Prime And Anti Shine in 010; Matte Balm in 260; Brow Fantasy Pencil And Gel; Bold Lacquer Mascara in Blackest Black; ColorStay Makeup For Combination/Oily Skin in 250 Fresh Beige; PhotoReady Cream Blush in Coral Reef; Bronzer Bronzilla in 012; ColorStay Eyeliner in Brown; ColorStay Eyeliner in Topaz**



HAIR

One reader will win these Pantene Pro-V products: **Extra Strong Hold Mousse; Perfect Volume Hairspray; Hydra Intensify Velvet Crème Infusion; Volume & Body Shampoo; Volume & Body Conditioner; Repair & Protect; Repair & Protect Deep Repair Masque**

How to enter

For your chance to win, simply answer this question: **What is the name of Daisy's new sci-fi film?** Text GLAMOUR followed by your answer, name and email address to **83149**†. Winner(s) will be selected at random after the closing date of **January 6, 2016** and will be notified within 28 days of the closing date. Open to UK resident readers of GLAMOUR aged 18 or over on the date of entry, except for employees of Condé Nast Publications Ltd, participating/associated companies and promotional agencies, contributors to GLAMOUR and the families of any of the above. For full terms and conditions, see glamourmagazine.co.uk/termsandconditions

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New year, new #anti-resolution

There's a lot to loathe about poor old January. This we know well. But I think my most hated aspect of this cold, dank, broke month has to be the pressure to have resolutions. Year in and year out, I watch those around me resolve to give up drinking/go to the gym three times a week/stop swearing/exfoliate more/whatever. And hate themselves when they fail ten days later. But I think January is the one month in the year when we really need to be kind to ourselves, not pile on more punishment, tests and misery. In that spirit, here's what I'm thinking of as my anti-resolution list. It's the list of things I will probably never achieve and, frankly, I am totally fine with that.

"You only need to bother making your own pastry if you're trying to win *Bake Off*"

1 **Learn to drive a manual car.** I am so uncoordinated, I can't even master an aerobics class, let alone the complicated union of brain, hand, eye, left foot and right while also trying to find a gap in the traffic on London's circle of hell, Hyde Park Corner. No. No interest in conquering that skill. Laugh at me for not being able to do it all you want, I will laugh along with you when you say I may as well be Noddy of Toy Town. Love an automatic.

2 **Maintain a manicure schedule.** I have Editor's Letters to type, dishes to wash, dogs to bathe. These nails are working nails and I can't even make it out of the salon without botching a fresh coat of paint on them. Clean, short and functional is the best I can do for you.

3 **Make my own pastry.** As far as I'm concerned, you only need to bother with that if you're trying to win *Bake Off*.

4 **Give up drinking.** Especially in January, are you mad? If you can go to work in the dark, come home in the dark, via a packed, flu-ridden, delayed train ride and NOT want a glass of wine, I salute you. Not me. Where's the corkscrew, please?

5 **Run a marathon.** Yeah, as passionate as I am about fitness, that just looks like an absolute bucketload of a Not Fun time to me. I'll sponsor you to run your marathon while I run a bath.

6 **Stop shopping.** I should probably do this. But I like it. And if God didn't want me to shop, he would not have invented the Net-A-Porter sale.

What I do resolve to do is: remember that January is long, dark, cold and feels like forever, but it's not. And we've worked especially hard to make sure the magazine you have in your hands has enough sparkle to see you through it. Enjoy the issue – and Tweet me your #antiresolutions. I'd love to read them!

Jo Elvin, Editor
contact me at: editor@glamourmagazine.co.uk



Illustrations: Philippa Williams

{ Follow me on Twitter at Twitter.com/jo_elvin and Instagram @joelvinglamour. Tweet us at @GlamourMagUK }

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Published by The Condé Nast Publications Ltd, Vogue House, Hanover Square, London W1S 1JU (tel: 020 7499 9080; fax: 020 7493 1345)
Colour origination by Tag: Response. Printed by Prinovis Nürnberg, Breslauer Str. 300, 90471 Nürnberg. Printed in Germany. GLAMOUR is distributed by Condé Nast & National Magazine Distributors Ltd (Comag), Tavistock Road, West Drayton, Middlesex UB7 7QE (tel: 01895 433600; fax: 01895 433605). The subscription rate to GLAMOUR is £24 for one year (12 issues). Overseas Airmail per year: €59 to the EU, £60 to the Rest of Europe, $65 to the US and £69 to the Rest of World. Enquiries, change of address and orders payable to GLAMOUR, Subscription Department, Lathkill St, Market Harborough, Leics LE16 9EF. Order at www.subscription.co.uk/glamour. Subscriptions queries and enquiries to glamour@subscription.co.uk. Subscriptions hotline: +44 (0)844 848 5202, Mon-Fri 8am-9.30pm, Sat 8am-4pm. Manage your subscription online 24hrs a day at www.magazineboutique.co.uk/youraccount. All rights reserved. Reproduction in whole or in part without written permission is strictly prohibited. All prices correct at time of going to press but are subject to change. GLAMOUR cannot be responsible for unsolicited material. Copyright © 2016 THE CONDÉ NAST PUBLICATIONS LTD, Vogue House, Hanover Square, London, W1S 1JU. The paper used for this publication is based on renewable wood fibre. The wood these fibres are derived from is sourced from sustainably managed forests and controlled sources. The producing mills are EMAS registered and operate according to highest environmental and health and safety standards. This magazine is fully recyclable - please log on to www.recyclenow.com for your local recycling options for paper and board.



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@elliegoulding Anova one from @glamouruk, still my favourite shoot to date @joelvinglamour. Out now bishes!

"Men need to talk too"



I was so happy to be reading an article about male depression in *Girl Meets Boy. Boy Has Depression. So What Happens Next?* My father killed himself last year after battling with depression, but none of us knew how serious it had become. He hid his true feelings, with devastating consequences. There is an awful stigma for men talking about their feelings and appearing like a 'pussy', as Tim put it. I highly praise Tim, and Bryony too, for getting the illness out there and tackling what is a very difficult and stigmatised subject. Inspired.
Katie, by email

This month's star letter wins an Alcatel Onetouch Idol 3, worth £159. This smartphone has a 13megapixel camera and can be used whichever way up you choose. alcatelonetouch.com/uk



@hannahjwatson @GlamourMagUK @MindCharity so inspiring Bryony&Tim on depression. We need more people talking about it.

Don't like me? That's OK

Reading Jo's Editor's Letter, *How Many 'Likes'? Does It Matter?,* really hit home with me. Crippled with anxiety and self-loathing, I recently quit my job after my boss made my life hell. I've now started a new job, in a more senior position, and found that I have stopped worrying at 2am every night over what my colleagues think of me. It's OK not to be adored by everyone.
Jen, by email

Stop the stereotypes

I absolutely loved *Pink. Not Just For Girls* by Mathew Baynton. As a mum to a three-year-old boy who loves the colour pink, it's refreshing to see other people embrace it too. My boy loves *Frozen* and always wants to go on the hot pink car trolley in a shopping centre. I wish there was more choice out there for boys who want pink.
Sarah, by email

@Claire_Bates1 Thoroughly enjoyed #MathewBaynton piece in this month's @GlamourMagUK. If only others saw the world through his son's eyes! #ProGirls

More money? Yes, please

My husband and I are new homeowners and parents of two lovely girls. We are at that point where all we do is pay bills and don't really have any money left over. I love my job in healthcare, but it's only three days a week. So thank you for *Do You Need A Side Hustle?* I hadn't realised there were so many ways to earn more cash.
Vanessa, by email

@zowagnew @JessieWare love the makeup tips in this month's @GlamourMagUK magazine! Shall be going to buy some products this week!

A bit of perspective

Reading Dawn O'Porter's *"What Do You Really Need To Survive?"* really opened my eyes to the current refugee crisis, although it was referring to the essentials required in an earthquake. It made me stop to think about the panic refugees must feel in their rush to gather their belongings.
Eliza, by email



GLAMOUR-TO-GO

This month's winner is Kara Caradas, pictured with GLAMOUR at the Leaning Tower of Pisa in Italy. Kara wins an Instax Mini 70 Instant Camera. With a selfie mode and automatic exposure control with high-performance flash, you'll be able to snap yourself in any glamorous location. For your chance to win, send us a photo of you with the latest issue of GLAMOUR (with your name, address and location). Good luck!



Write in! We want to hear about you – about GLAMOUR, your life, anything. Email us at letters@glamourmagazine.co.uk or write to GLAMOUR We Hear You!, 13 Hanover Square, London W1S 1HN

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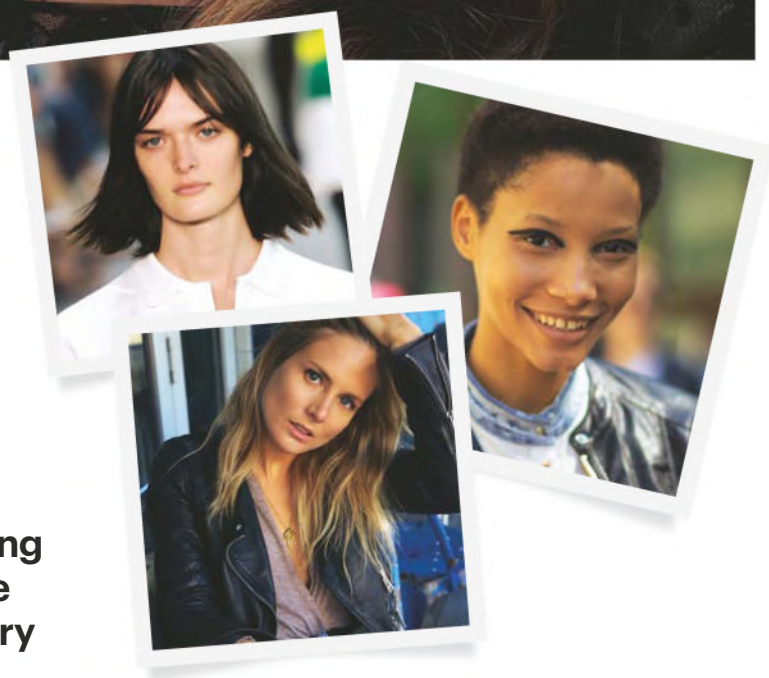
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50 hot hairstyles for NYE and beyond

The stylish women we'll be crushing on for the year ahead



PLUS

New season shopping – your key wardrobe essentials for January

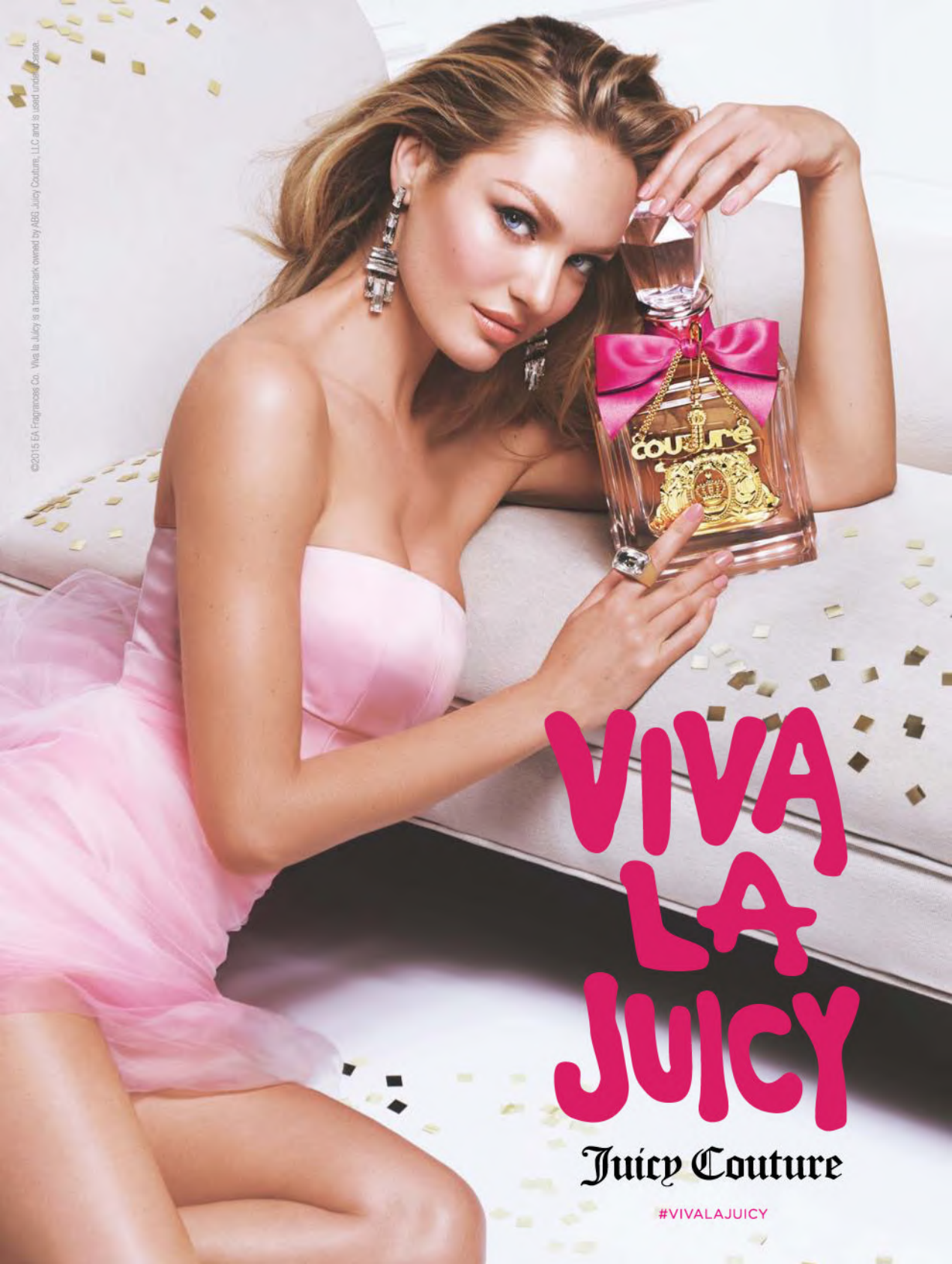
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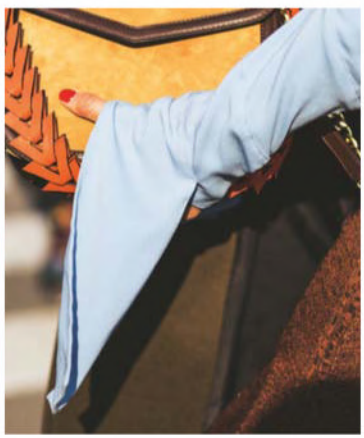


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A look: **no hands**

Super-sleeves are here to stay

Sleeves are officially having a lovely, long moment. When we first saw the rise of endless sleeves on the catwalk a few seasons ago, it looked like a trend destined to go no further than the end of the runway. But from the latest round of street-style snaps, it's clear that the über-long sleeve is still going strong. Make no mistake, this isn't a nod to teen angst – think sculptural, soft and loose, or perfectly pressed. Pair with a statement clutch or handbag and you're good to go. Who needs gloves? ▶



Sleeves on show in New York (above) **and Paris**

By Lucy Walker. Photograph: Jason Lloyd-Evans

Anatomy of a **DO**

Cool, casual, chic: Bella Hadid nails it



The knit
Slouchy but not *too* slouchy, it's cropped – flatteringly – to the top of the hip.
Wool jumper £245
and-daughter.com



The mini-bag
Points for ticking off a major accessory trend for S/S16. The bag charm adds personality.
Leather bag £590
longchamp.com



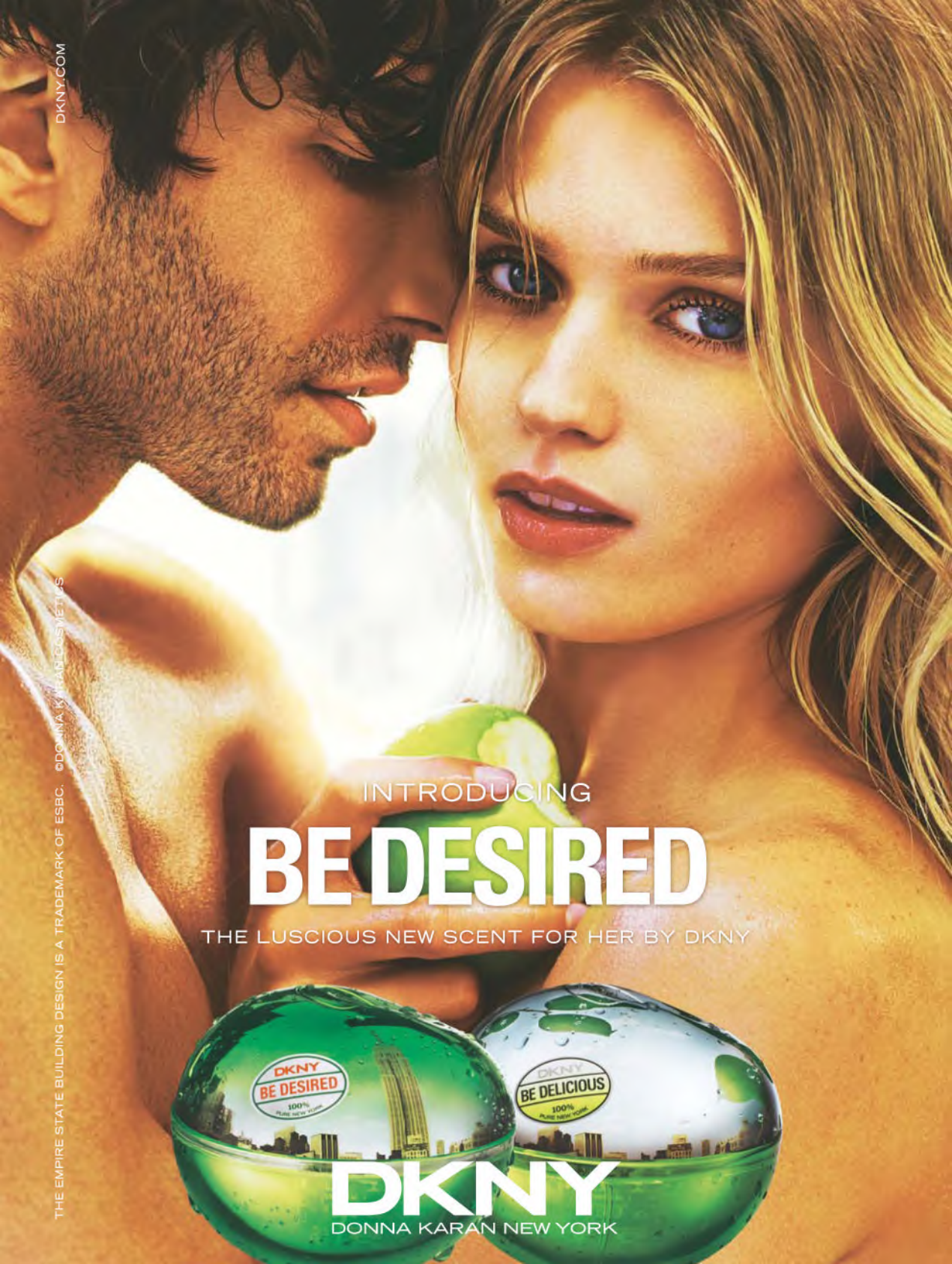
The jeans
A straight-legged style keeps it sleek, but more relaxed than a skinny fit.
Denim jeans £90 levi.com



The shoes
For a sexy, feminine counterpoint (it's all about balance). The Aquazzura lace-up is going nowhere.
Suede shoes £52
topshop.com



By Hanna Woodside. Photographs: INFPhoto.com


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Kate LOVES...

Actress and Fabletics boss Kate Hudson tells us what she can't live without





Skincare must-have
"I love this brand called May Lindstrom, which is natural skincare, and it's really good. I've been using it for about six months and I love what it has done for my skin."

Style crush
"I really like girls who are 'out there'. Karlie Kloss is like a little Grace Kelly. She can turn it on and be so hot, and in day-to-day life she's so classy and lovely."



Top tipple
"When I shot the Campari calendar, there was a mixologist on set and we tried different cocktails. My favourite was the Jasmine: Campari, Cointreau, lemon juice and gin."



Hot hangout
"My favourite restaurant in London is Osteria Basilico in Notting Hill. It's really great and easy with the kids. They do great pizza."



Shoe love
"Jimmy Choo just sent over a new pair of boots. They'll be really good for rain and winter."



Fashion addiction
"I collect Hermès scarves. I wear them all the time. They bring me so much joy, sometimes I just take them out and look at them."



Binge watch
"Oh my God, *Narcos*. It's *so* good."

Kate is the face of Campari's 2016 calendar



Fashion by Lucy Walker. Photograph: Getty Images By Helen Whitaker. Photographs: Rex Features. May Lindstrom is stocked at cultbeauty.co.uk

GO LARGE

At her S/S16 show, Victoria Beckham presented oversized bags shaped like half moons – and Instagram lost its shiz, for all the right reasons. The bags are highly wearable in delectable tans and navy, and so large you'll never need to tote around an unsightly bag of 'overspill' ever again. Needless to say, The Half Moon is a major statement, so how do you wear a big bag that could easily end up wearing you? Look no further than VB's models. The key is a relaxed silhouette of easy, breezy (expensive-looking) fabrics worn with comfortable low heels. A look that won't be eclipsed.

10 things that always happen at the WRONG TIME

It's Sod's law, says comedian **Ellie Taylor**

1 **Bumping into your ex** Always when you haven't washed your hair. It's hard to look like 'the one who got away' when you're 15% woman, 85% dry shampoo.

2 **Your phone dying** Always at a crucial navigational point so you have to ask a human for directions. Disgusting.



Not the best way to walk into *Dragons' Den*...

3 **That car-crash Channel 5 documentary** You need an early night, but you *have* to watch *He's Got Wood: The Man With Genitals Made Of MDF*. Suddenly, it's 1am and you've scarred your retinas for life.

4 **Your housemate ordering takeaway** Just as you've decided that your body is a low-GI temple accepting offerings of fruit and krill oil only.

5 **Your mum/dad/gran calling** You love them, but not now. It's too early/too late/too in the middle of a *Friday Night Lights* marathon.

6 **A toilet trump at work** Karen from marketing is at the mirror doing her eyeliner. There's only one thing for it. You have to kill Karen.

7 **Getting a giant boil on your chin** Why does Mount Vesuvius *have* to erupt on your face the morning of a hot date? WHY?

8 **Forgetting someone's name** They're lovely, interesting, useful in your career, but for the whole night they'll be known as 'mate'.

9 **Thinking of the perfect comeback** Why is it only now that you think of a zinger to shut down that douche in Costa yesterday?

10 **Meeting the guy of your dreams** You're moving to Australia next week. But there he is. He's been eating breadsticks at a house party in Luton all along.

Follow Ellie on Twitter @elliejanetaylor ▶



24 hours with Theo James

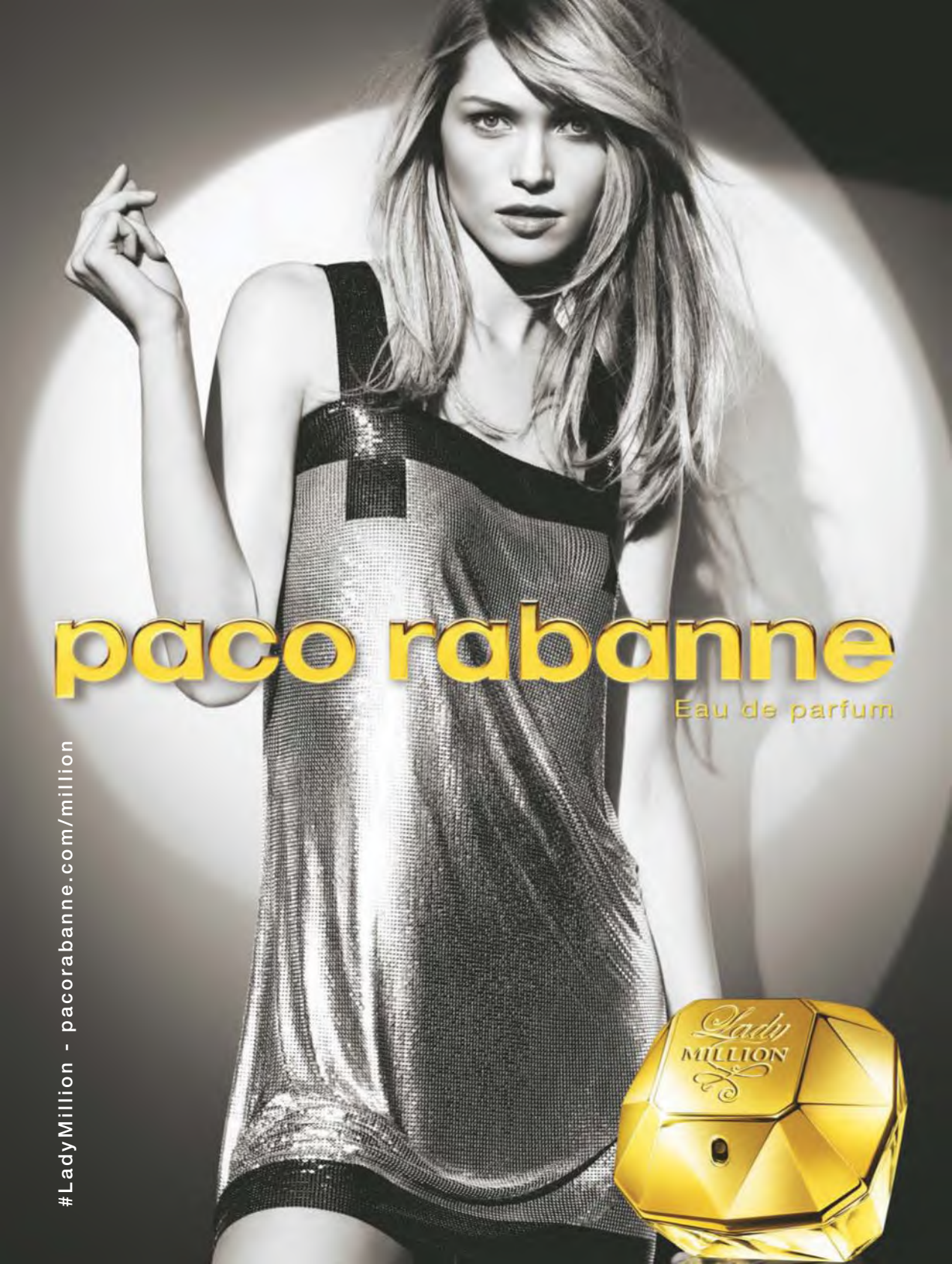
...as the *Insurgent* actor and face of Hugo Boss relaxes on a rare day off

6AM Land at Heathrow Airport – I've been working in America for the past seven months and it's so nice to be back home in London. **7.45AM** Once I'm at my place in Islington, I unpack, shower and have a cup of tea. I've missed proper English tea. **8.50AM** Put on some music – I'm a big jazz fan – and get on with some life admin that I've neglected while I've been filming. **10.30AM** Catch up with some local friends over a coffee and croissant; we always meet at the same French coffee shop. **11.35AM** The weather's good, so I swing by home to put on my motorcycle leathers and then take my bike out for a ride. I like to go out to Oxfordshire, where I grew up. **1.10PM** Back in London, it's time for lunch with my sister. We go to The Holly Bush in Hampstead, then for a walk on the Heath. **3.30PM** I call the guys who I play music with and we meet up for a jam. **5.45PM** I'm really into boxing right now, so I head to the gym for a session. **7.05PM** It's morning in LA, so I take some work calls, then start getting ready for the evening. My grooming regime is pretty low-maintenance – I have a shave and put on some fragrance. **7.45PM** Walk to The Draper's Arms for dinner; I like to arrange a big meal with friends when I'm back from a project. **10.40PM** I haven't seen everyone for a while, so the night is getting pretty heavy. I'm on the Redbreast, my favourite Irish whisky. **2AM** The night finishes late – then I'm straight home to bed! ▶

Boss The Scent is available in Debenhams nationwide, RRP £64 for 100ml eau de toilette

As told to Hanna Woodside. Photograph: Matthew Brookes/Trunk Archive

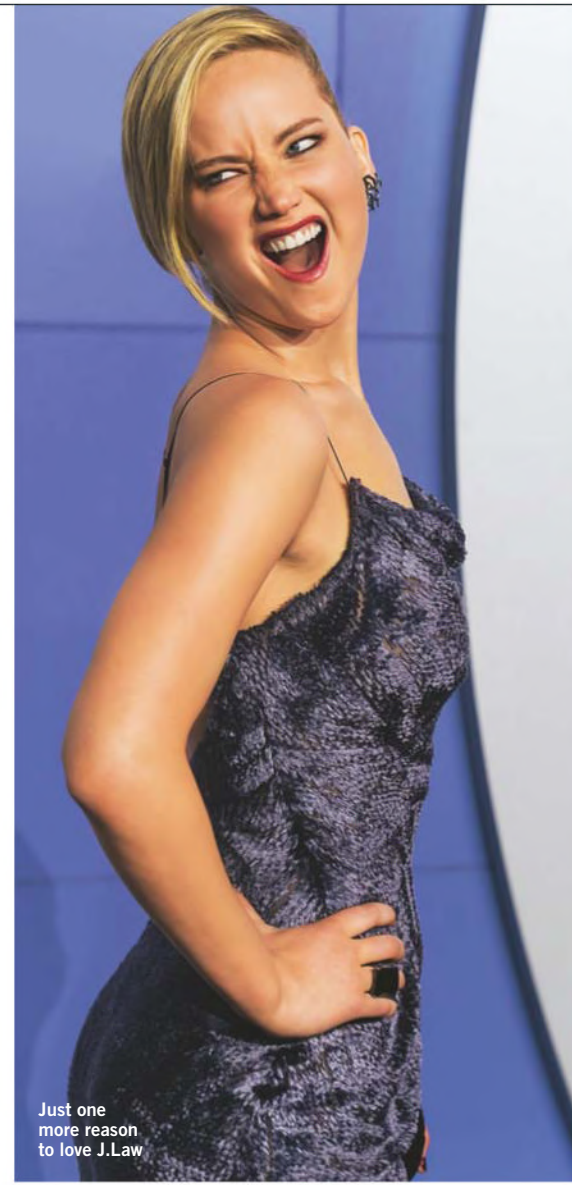

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MILLION

Stop telling us to smile!

The three little words no woman wants to hear: "Giz a smile." Which is why when Serena Williams was told just that after winning the US Open – in the form of a journalist asking why she wasn't smiling – her response was pitch perfect. "It's 11:30. To be perfectly honest with you, I don't want to be here," she said. "I just want to be in bed right now and I have to wake up early to practise and I don't want to answer any of these questions." Damn straight. It's her prerogative to look any way she pleases after proving herself on the tennis court, but we also have to ask: would a man be asked that same question? Does anyone ever ask the super-successful (but notoriously tricky interviewee) Sean Penn why he's not smiling? No. (Although we'd quite like them to, if only to witness the fallout.)

The "cheer up, love" culture is part of the same problem highlighted by Jennifer Lawrence in her piece about the gender pay gap for *Lenny* in October: that successful women must be successful with the right attitude. That even when you know your worth and have the confidence to ask for it, it must be done with a sunny disposition and an adorable delivery. Bad enough when the "cheer up, love" is cat-called by a chump in the street, but when it comes from someone questioning your own reaction to your professional success? There's only one response to that. Which is, "No." We might even be smiling as we say it. But not because anyone told us to.



Just one more reason to love J.Law



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Batman £29.99
truffleshuffle.co.uk

Star Wars from £33.99 merchoid.com



'TWAS THE KNIT **BEFORE CHRISTMAS...**

Christmas Jumper Day is December 18, so here are three of the best knits. (Bonus: the Darth Vader one doubles up for *Star Wars* release day on the 17th.)

See GLAMOUR.com for our top ten alternative Christmas jumpers ▶

By Helen Whitaker. Photographs: Getty Images







The **name** to drop **now**

Vetements is the label on everyone's lips (and behind the dress *all* fashion editors love)

The deconstructed jeans, the oversized bomber, the sexy thigh-high boots and the floaty, floral dress (as seen on GLAMOUR's Fashion Director, Natalie Hartley, centre) – it pretty much reads like a this-season lust-list of any self-respecting fashionista. All were spotted on the streets outside the S/S16 shows, all incidentally by Parisian buzz-label of the moment, Vetements. The recent announcement that its designer, Demna Gvasalia, will now be taking up the hallowed helm at Balenciaga, following the recent departure of Alexander Wang, came as a surprise to no one in the know. In a nutshell, Vetements rules.

Join the **'90s lip** revival

Yes, you heard right. Old-school brown is back, and it's here to stay (for a while, at least...)



Kylie Jenner's cocoa pout
To give the illusion of fuller lips, slightly over-draw with a darker lipliner before applying lipstick.



Gigi Hadid's throwback matte
Think Spice Girl style when it comes to choosing a light brown.



Rihanna's effortless taupe
For a more wearable day look, pair with simple liner and mascara – so all the focus is on lips.



FKA Twigs' bold mahogany
For extra impact, match your dark lip with super-smoked-out liner.

By Lucy Walker, Rebecca Wright and Hanna Woodside. Photographs: Phil Oh, Jason Lloyd-Evans, Getty Images

SISTERS UNCUT: **WHAT'S NEXT?**

When a feminist collective – protesting cuts to domestic violence services – stormed the red carpet at the *Suffragette* premiere, their actions (and their message) made headlines. "We got a lot of attention," says Rachel Harley, 26, from Sisters Uncut. "We had Helena Bonham Carter reminding everyone that two women a week in the UK are killed by male violence; that's a huge success for us. We're trying to change the discourse around women's rights – that the struggle isn't over." With hundreds of new activists wanting to get involved, Sisters Uncut is building on the momentum and planning more large-scale public actions to campaign for ring-fenced funding for domestic abuse services. "We believe that all women have the right to live without the threat of violence. We are calling on people to join us on the streets and make change." *sistersuncut.wordpress.com* ▶



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PANDORA
UNFORGETTABLE MOMENTS

DAWN O'PORTER HONESTLY



"Pressure to look good? Men have it too"

My husband recently presented an award at a fancy showbiz party, and to show their gratitude, the organisers sent him the papa of all goodie bags. I LOVE goodie bags, and am lucky enough to get them quite often because my husband regularly does this sort of thing (the GLAMOUR Awards one is THE BEST). The brilliant thing is that it's almost always stuff for women – gorgeous products and smellies and gift cards. Basically all the lovely things that you would never buy yourself. I keep a lot, and I give a lot to friends and family. Chris is usually left with nothing, maybe a little face cream or a hair gel at most. But this last one was different; it was all male products in the bag. And the bag was big. I had no idea there were so many products for men – Anti-Fatigue Day Cream, Power Peel, Anti-Stress Cream, Follicle Stimulating Shampoo. I mean, what even is that? By the time I'd got to the bottom of the box and read all of the packaging, I was totally bamboozled. I wondered when Chris would have time to use all of these things, and I was a bit confused as to why any man would need them. But then, many men have been feeling like that about the contents of *our* bathroom cabinets for years.

Undoubtedly, there's a lot of emphasis put on women to look a certain way. I feel it, but I am also a victim of my own vanity, so find it hard to blame an industry for that. However, you only have to walk into Boots to see that there is mounting pressure on men to be a version of perfect that they will probably never achieve. It's no longer a gender-specific issue. If I was a guy and David Beckham went past me on the side of a bus wearing just his pants – with *that* body – I'd probably feel insecure. Saying men are equally bombarded with images of perfection as women are would be insane, but the landscape for men has definitely changed.

And it's making me worried for them. I've always been happy being a girl, and as a kid I saw more pressure on the boys,

oddly, as they seemed to be pushed harder in school, with a less personable approach from teachers. They were told to 'man up', 'be strong', and 'be tough'. As a girl, I think I was treated more as an individual. I didn't have to be good at sport, I didn't have to be tough. But yes, I did need to be beautiful. I knew from an early age that my looks were important. Girls were competitive (and jealous) about that, rather than how far we could kick a ball. I'm not saying that was right, it's just the way it was.

We grew up and these boys became men who were told to strive for power and success, and that these things would define them. Meanwhile, we became women who strove to break out from looks-based validation, and in turn (in the western world, at least) drove girls towards achieving power and success of their own. This feels healthy and right. But somewhere along the line, boys started to be taught that to be worthwhile they have to kick balls hard *and* be beautiful too. I don't think that's equality. That's an awful lot of reasons for them to feel overwhelmed by life. As a feminist and as the mother of a son, it causes me great concern. Some women might say it's about time men understood how it feels to be valued for the way they look, but I don't think that's a progressive attitude. The ethos of feminism is never to bring men down; it's always to build women up. Making *everyone* insecure is not the answer. That just sounds bloody awful.

> "Boys started to be taught that they have to kick balls hard *and* be beautiful too"

Tweet me @hotpatooties and tell me what you think about the pressures men face to look good #GlamourMagUK



Portrait: David Loftus. Hair: Adam Reed at Eighteen Management. Make-up: Valeria Ferreira at Caren. Manicure: Sophie Harris Greenslade at Emma Davies Agency. Fashion Assistant: Holly White. Dress: Bob by Dawn O'Porter. Photographs: Instagram/hotpatooties

GOING UP



Little Ondine nail varnish
No more chipping, it just peels off!

Skechers Go Walk trainers I only wear trainers for functional reasons, and these are the MOST comfy!

Penelope Hope textiles A lovely new designer for fabrics and ready-made cushions. I love the pineapples.

Bach Rescue Pastilles For helping with brain fog. Subliminal or not, they work for me.

DAWN'S DOS & DON'TS

Biting nails. In public The tic-tic noise you make is GROSS. Stop it.

Texting bad news Make the call. I am the worst for this and I know it's a cop out!

Posting weird emotional Facebook posts Either say the truth or get offline.

Umbrellas on busy streets
They are lethal. Get a hood! ▶



GOING DOWN

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Hey, it's OK...


"It's so good to catch up, no?"

…if your new year's resolution is to take fewer selfies

...to feel really chuffed with yourself when you overtake that super-athletic guy on your run. *Fist pump*

…if your blood group is espresso (Thanks to GLAMOUR reader @shrinkingsheila)

...not to care about your 'resting bitch face'. Who said you have to smile all the time?

…if your Christmas jumper collection is getting a little out of hand. Light-up Rudolph nose? Come on, you *have* to have it

...to want your cocktail served in an actual glass, not a jam jar/tea cup/perfume bottle. Enough already

…if watching a TV sex scene with your parents still makes you squirm

...if bumping into your boss out of work totally throws you. #awks

…*not* to split the bill evenly if you've stayed off the booze

...to be infuriated by dawdlers looking at their phone (unless, er, you're the one walking and texting)

…to suffer from 'Netflix paralysis'. Twenty minutes' browsing and you *still* haven't picked something to watch (Thanks to GLAMOUR reader @CawlzSam)

{ Want to see your own ideas here? Tweet us something we've never heard before @GlamourMagUK #HeyItsOK }

By Hanna Woodside and Morwenna Jones. Photograph: Jason Lloyd-Evans

THERE'S ONE GIFT YOU'LL KEEP FOR YOURSELF THIS CHRISTMAS.

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*Based on mass-market facial moisturiser and cleanser value sales for the past 12 months ending December 2014

OLAY
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OH, BABE, YOU **SHOULDN'T** HAVE

No, really. Half of us have been disappointed by a partner's gift. Read this and weep...

"He got me a fleecy dressing gown. I bought him an *iPad*. He was, rightly, mortified. The following Christmas, I got a surprise trip to New York – *much* better." **Eleanor, 33**

"A book of poetry by prisoners on death row. Festive." **Charli, 33**

"Who doesn't want a fire extinguisher for their kitchen? It was meant to be a joke because I tend to burn my food – but you know, jewellery would have been nice." Amelia, 28

"My ex once bought me the same perfume that his mother wears. Seriously. There's a whole load of Freudian stuff going on there." **Jenny, 30**

"A copy of Fifty Shades Of Grey *with the '3 For 2' sticker still on the cover."* **Katie, 27**

"Gym kit: all of it – trainers, leggings, tops, sports bra, socks. He said he wanted me to work out more. We broke up a few months later." Rachel, 31



"A fancy cheese selection, which had gone completely rancid because he'd bought it too early. It was so bad, my pregnant sister threw up at the stench." **Kate, 31**

"Years ago, a boyfriend bought me tickets to go and see Daniel Bedingfield – who I loved (don't judge, it was 2003). Unfortunately they were for 01/12, not 12/01, so we'd missed it." Jane, 36

"One of those multi-picture frames, with space for lots of photos – filled entirely with images of himself. Not the two of us together. Just him." ***Lou, 27***

"When I unwrapped a posh leather notebook, I was pleasantly surprised. Until I noticed his company's logo embossed on the back." Hayleigh, 30

"An electrical extension cord. His rationale: 'It will be easier to plug in your hairdryer.' I gave him a strict definition of what a 'gift' was for future Christmases." **Pippa, 34**

"A pack of three tea towels. Needless to say, the relationship didn't last long." **Harriett, 29**

"For our first Christmas together, my partner got me a lightsaber. I haven't even seen the Star Wars *films. He 'thought it would be funny'."* **Camilla, 29**

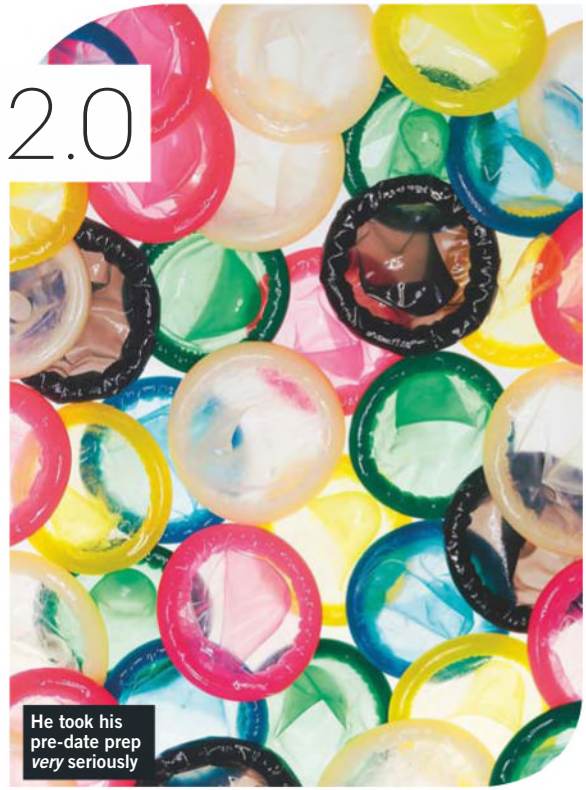
"One of those Red Letter Days experiences – for Zorbing, where you roll down a hill in a giant inflatable ball. What on earth was he thinking?" Isla, 30

"A door stop in the shape of a pug. It was cute, but completely and utterly random." **Lizzy, 29**

Compiled by Hanna Woodside. Photograph: Getty Images

CONDOMS 2.0

What's new, what's fun and what feels amazing (for both of you) – here's the safe-sex update you'll want to read



He took his pre-date prep *very* seriously

Condoms have always been a no-brainer, and with recent reports stating that gonorrhoea is becoming harder to treat, they're as vital as ever. Also true: the latest choices can genuinely spice up your love life. Here's what you need to know…

Pull smooth moves

Before putting a condom on, place a drop of lubricant inside the end of it. This will feel deliciously smooth when wrapped against the head of his penis, and provided you use a teeny dab, it won't make the condom too slippy to stay secure. Try a stimulating lube like **Cool Tingle** or **Heat Wave Warming Lube** (£8, annsummers.com) to switch up sensations.

Don't stash 'em with your cash

It may seem convenient to carry a condom in your purse, but if the foil packet gets repeatedly squashed, the contraceptive inside can be damaged. A metal card holder makes a subtle carry case, so you're ready to get safely down to business.

Give sex toys a whole new vibe

"Slip a textured condom – one with ribs or dots – over your vibrator or dildo as a cheap way to reinvent the way it feels," says Rose Crompton from adult store harmonystore.co.uk. "Just be careful not to use a rubber that's pre-moistened with silicone lubricant on a toy that's also made from silicone; the two substances can sometimes react badly together, causing the surface of toys to 'melt' or 'peel'."

Lose the latex

In the past, latex-free condoms have felt 'scrunchy' – more like carrier bags than contraceptives. But you can now buy condoms made from polyisoprene. It's entirely synthetic, so OK for people with allergies to rubber, plus, because it's stretchier than latex, it's more comfy to wear. Try **Real Feel** (from £11.49, durex.co.uk) or **Mates Skyn Condoms** (from £3.99, lovehoney.co.uk).

Go bespoke

If his manhood is bigger than average, standard condoms can be unpleasantly tight, while if he's more modestly built, they can fall off. Theyfit.co.uk produces custom-made condoms in 95 different length and diameter combinations. Download and print out a 'FitKit' measuring tool from their website.

Go *Fifty Shades Darker*...

If you and your man get turned on by experimenting with a little Christian Grey-inspired roleplay or bondage, invest in some **Black Choc Condoms** (£2.99 for four, skinscondoms.com). Not only do they taste of chocolate, but their glossy, opaque-black colour lends a fetish-style look that adds to the atmosphere of naughtiness.

Get (it) up and glow

Glow-in-the-dark condoms used to be a joke-shop novelty. Nowadays, there's **Love Lights** (£3.99 for three, lovehoney.co.uk). They're still a giggle, but they can also be used for kinky games. Challenge yourselves to see how dark you can make the room: the less you can see him glowing, the deeper he's going…

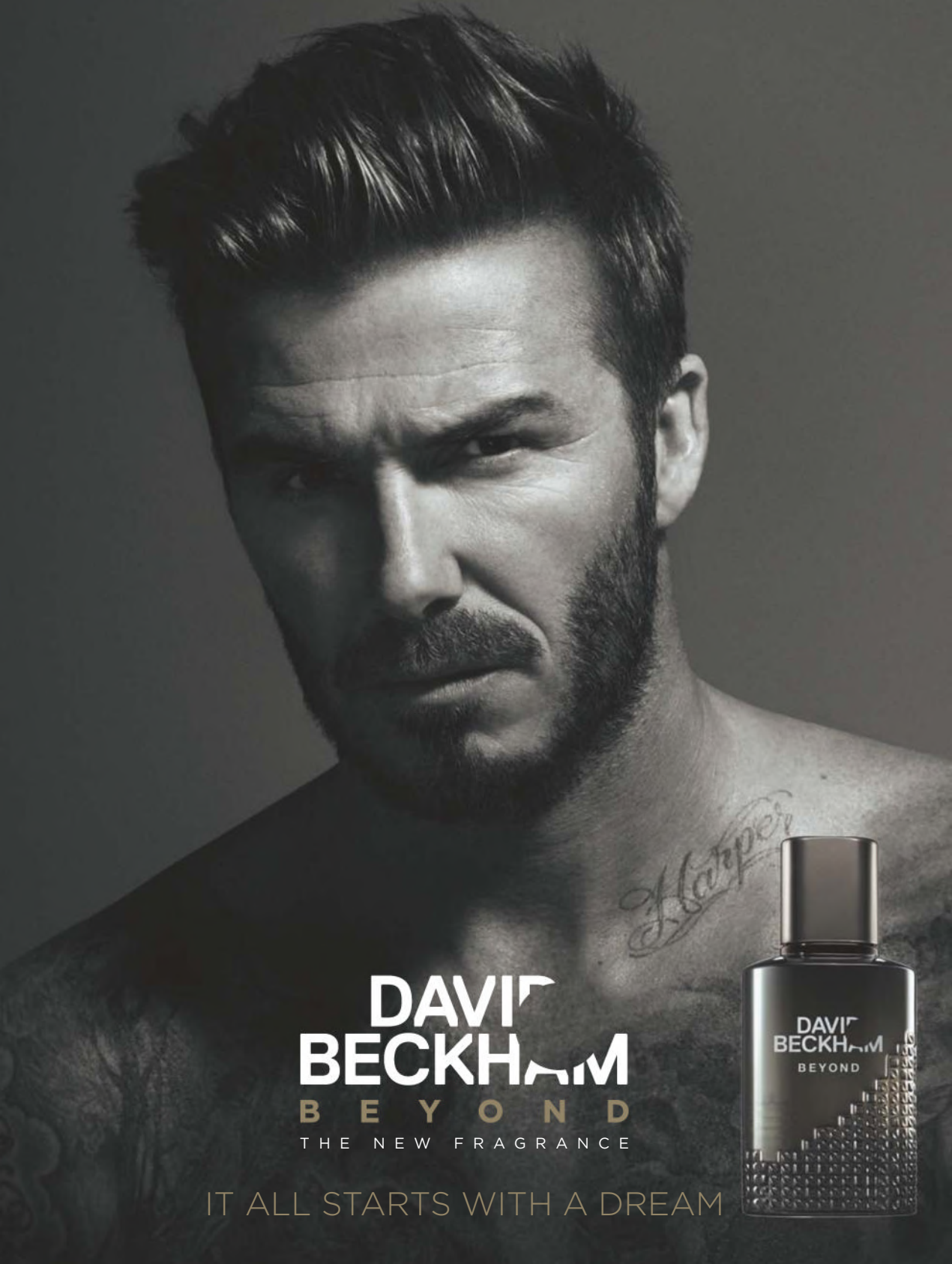
Wing it

If your partner tends to lose his erection while putting on a rubber, because all the fiddling and fuss puts him off his stride, try **Wingman Condoms** (approx £8.80 for 12, wingmancondoms.com). Each one is fitted with an applicator that looks like 'wings', and condoms can be rolled on in just two seconds, even using only one hand, and in the dark.

Try sensory play

Latex has a particular scent. Try blindfolding your partner, teasing and touching them; then unwrap a condom and hold it beneath their nose. They'll know that smell means hot sex is on the cards – any second now.

By Alix Fox. Photograph: Tom Schierlitz/Trunk Archive


DAVID
BECKHAM
BEYOND
THE NEW FRAGRANCE
IT ALL STARTS WITH A DREAM
DAVID
BECKHAM
BEYOND

DIVORCE
DOs & DON'Ts

What to say – and what not to – when it happens to a friend? **Joelle Caputa** (divorced at 28) sets the record straight



It was the start of a bitter custardy battle (sorry)

My husband told me he didn't want to be married any more when I was 28. My initial reaction? Relief. We'd been married for just over a year – and were both miserable. But then, panic struck: the idea of 'starting over' was terrifying – and I felt like I was the only twenty-something divorcée in the world. Divorce rates are actually highest among couples in their twenties, but I couldn't find any books or blogs I could relate to. So, as I tried to move on, I wrote *Trash The Dress*, compiling stories of divorce from other women in their twenties and early thirties. These are the most common comments we hear (and what we wish people would say instead)…

DON'T SAY...

→ *At least you didn't have kids*

People believe this is the 'silver lining' – that divorce without kids is automatically easier. It's not. In fact, part of the reason my husband and I split up was because he didn't want children. I did – and it wasn't something I could compromise on. When (well-meaning) people gave me this line, it was a punch in the gut – I thought, 'Well, I *did* want kids, but now I don't know if I'll get to.'

→ *You guys were too young anyway*

Assuming that people who married young didn't know what they were doing is patronising. The underlying message is that we were immature or naïve. No one – of any age – takes marriage, or divorce, lightly.

→ *Oh, that didn't last long*

This makes you feel like you didn't try hard enough. I did everything I could to make my marriage work, including begging my then-husband to go to couples' counselling (he refused). I took the 'for better, for worse' part of my vows seriously, but there comes a point when you have to accept that it's not working.

DO SAY...

→ *I admire you*

I didn't want to be pitied. I didn't want people to see me as weak, or think less of me because I was getting divorced. The most supportive thing someone could say to me was that they admired how strong I was to get out of my unhappy marriage.

→ *We don't have to talk about it*

No one wants divorce to consume their life (and they *definitely* don't want to be introduced at a party as 'the one getting divorced'). If we can get the D word off our minds – even momentarily – that's a plus. So don't feel like you're letting someone down by not dissecting the divorce situation every time you meet up.

→ *How shall we celebrate?*

It helps to be reminded that your divorce is a good thing. It's a new lease of life, a clean slate – it deserves to be celebrated. Rituals like divorce parties – complete with divorce cakes – are cathartic. My friends helped me make a 'good-riddance' list of everything I wasn't going to miss about my marriage – there were 63 items on it. It helped me to move on.

3 UPSIDES OF DIVORCING YOUNG

● **It teaches you what you want**
Divorce helped me find the person I was meant to be with. I learned what I want from a relationship, and what my red flags are. At 34, I'm now remarried, with a baby.

● **You learn to live in the now**
I had to stop agonising over the 'potential' future I'd lost and focus on the present.

● **It makes you more resilient**
I lost my job at the same time I got divorced, so I know I can hit rock bottom and find a way out. I'm glad I knew that by 30.

Trash The Dress: Stories Of Celebrating Divorce In Your 20s is out now; trashthedressbook.com

Interview by Hanna Woodside. Photograph: Getty Images

GLAMOUR Insiders



Photograph: Claudia Fessler/thelicensingproject.com

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GROW YOUR OWN **IDEAS**

Unlock your inner creative side – trust us, you *do* have one

Do the words 'breakfast brainstorm' fill you with dread? A recent study by Adobe found that only 39% of respondents described themselves as creative. "There's a misconception that innovative people have an in-built wellspring of ideas, but creativity is a skill – a mental muscle that needs to be exercised to get stronger," says Paul Collard, who runs Creativity, Culture & Education, The International Foundation For Creative Learning. "It's just a question of allowing the ideas to flow: giving your mind permission to freestyle." Easy when you know how…



"I just wash and hoe!"

SWAP TALKING FOR LISTENING

The workplace brainstorm might bill itself as a more 'relaxed' way to kick around ideas, but for many it can have an inhibiting effect. Research in the US found that better-quality ideas were generated in a 'silent brainstorm' session, or 'brainswarm', where employees think up ideas alone. The reason? In a public brainstorm, people are more likely to self-censor. Suggest a silent brainstorm to your boss, but if you do find yourself being forced to free-think on the spot, Professor John Adair, author of *The Art Of Creative Thinking*, suggests being 'an active listener'. "Which means being open and receptive to other people's ideas, and using them as the raw material for your own thinking."

HAVE SOME FUN

Creative thinking is playful. And in order to fuel it, it's important to prioritise creative 'play' in your free time. "A great way to reignite original thinking is to take yourself on a weekly 'artist date'," says creativity guru Julia Cameron, the author of *The Artist's Way*. "Pick something that fascinates you. It could be a painting you've never seen up close, a ruined building or a walk with an inspiring view. Go alone and really feel it. Regular experiences like this are essential for enriching your imagination."

EMBRACE DUFF IDEAS

It's a myth that creative people generate endless brilliant ideas. What sets highly creative people apart, according to researchers at Harvard, is that they have less 'latent inhibition', so their brains allow more extraneous information in, where it's free to fuse with other thoughts to create fresh ideas. The result? More outside-the-box thinking. In his book *Calm*, entrepreneur Michael Acton Smith says that drawing a mind map (a visual brainstorm, where you use different colours, doodles and short notes) is a great way to unlock ideas. "Mind mapping has been shown to be a far more effective way to unleash original thinking than writing a list. Plus, if you use a combination of words and images, you'll be six times more likely to remember your ideas."

LAUGH YOURSELF CREATIVE

A mental warm-up is a great way to relax yourself into a state where creative ideas are more likely to flow. Acton Smith says that when he has corporate brainstorms, he begins by encouraging everyone in the team to share something personal and fun. Laughter relaxes people.

THINK THE IMPOSSIBLE

Whether you're looking for solutions to a personal rut or trying to solve a work problem, before you get into the whys and what-ifs, shake things up with some unlikely thought mash-ups, suggests Michael Michalko from creativethinking.net. "One way is to imagine 'impossible hybrids': a piece of furniture that's also a fruit; a vehicle that's also a fish; a flavouring that's a tool. The discipline of combining impossible objects forces you to stretch your imagination. Creativity involves the synthesis of unlikely concepts, so this is a great way to prime your brain for creative thought."

By Zoe McDonald. Illustration: Elsa Mora



Blistex Relief Cream is a medicine for chapped lips. Always read the label.

LOVE YOUR COMMUTE

The daily trek to and from work may be unavoidable, but it doesn't have to be miserable



Empty seats, hot men – this *must* be a mirage?

The average Brit clocks up 54 minutes a day commuting. Whether you're stuffed into the armpit of Mr *anti* anti-perspirant or crawling along the A-road to nowhere, getting to and from work is not always pleasant. Research suggests the average commuter would need a whopping 40% pay rise to be as satisfied with life as a non-commuter. But it needn't be that way. The secret is transforming your commute into little slices of 'me time' that you actually look forward to. Here's how…

SQUEEZE IN A SECRET WORKOUT

OK, so you might not be able to bust out a burpee on the top deck, but the bus can still be a great place to tone up. Personal trainer Victoria Zimmer suggests discreet glute exercises. "Sit or stand up straight, tense your glutes, hold for a few seconds and then release. This helps tone the muscles and also activates the root chakra, which helps with emotional wellbeing. "It will help you feel stronger, more energised and ready for the day ahead."

RAMP UP YOUR PRODUCTIVITY

Lifestyle coach Olga Levancuka, author of *How To Be Selfish*, believes commuters are happiest when there's a point to their journey beyond getting to work. "It's a rare opportunity to think things through, free from the distractions of your working day. So, every to-do list, thought or even a backlog of emails sorted is an extra weight off your shoulders." Sarahjane Funnell spent her commute writing children's book *Phillipa Fairy Cake*. "It was a great way to use that enforced time to do something productive," she says.

SHARE THE LOAD

Dubbed the 'Airbnb of cars', liftshare.com gives car owners a safe place to offer spare seats to locals for a split of the petrol bill. Carys Ward, a student records officer from Southampton, has been using it for a year. "I made the same journey every day, getting stuck in traffic and arriving at work tired and stressed. Now, I get car-share-only parking, less road rage and great chats." Carys suggests setting ground rules: need to be at work at a certain time? Prefer to not drive on Mondays? And maybe vet your pooler's music taste.

MAKE IT MINDFUL

To help squash thoughts that might spiral from 'I'm gonna be late' to 'Shit! I'm gonna get fired', corporate wellness coach Alisa Burke suggests an on-the-go mindful exercise. "Take a minute to clear your mind and focus on your breath. Take five breaths, deeper and slower than normal. Let your stomach soften and focus on the sensations of the breath; the movement of your abdomen, the air in your nostrils. This should help halt negative thoughts about a troublesome journey."

JOIN THE TECH SET

Technology is the happy commuter's best friend. @Voice Aloud Reader (free, Android) reads web articles and other content aloud, perfect for drivers; while Pocket (free, iOS) or InstaFetch (£1.99, Android; £1.89, Windows) saves articles to read on the hop, and feedly.com (free, iOS and Android) allows you to track online papers, mags and blogs. Brainstorm ideas using Dragon Dictation (free, iOS and Android), capture light-bulb commuter moments with Evernote (free, iOS and Android), or set goals and track workplace achievements with coach.me (free, iOS and Android). And to be one step ahead of the traffic, try Waze (free, iOS and Android) to get on-the-spot updates from other drivers.

SHAKE IT UP

Avoid commute fatigue by switching up everything from your route to your playlist. "A new experience offers new perspective," says Paul Dolan, professor of behavioural science at The London School Of Economics And Political Science. It worked for Juliet Caragianis. "I did the same four-mile run every day. Changing my route to a more beautiful one, through an area I aspire to be a part of one day, makes me more motivated – despite adding ten minutes to my journey." Antonia Timpany credits podcasts for overhauling her 90-minute commute. "I love Internet Business Mastery – a how-to for growing an online business – and The Meditation Podcast. I hop off the train completely zen."

By Marie-Claire Dorking. Photograph: Chris Craymer. Contact Victoria Zimmer at bidvine.com; alisaburke.co.uk; timpanys.com. Paul Dolan is the author of *Happiness By Design: Finding Pleasure And Purpose In Everyday Life*



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Sweet



Smooth



Nutty

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Gone



FERRERO

INSTAFOOD MYTHS

Because not everything you see on a food blog is 'healthy' advice



Not feeling so smug about her paper bags now…

CALORIE RESTRICTION MAKES YOU THIN

"If intake is reduced to a level where macronutrients (fat, protein and carbs) are lacking, then the micronutrients (vitamins and minerals) bound in them go too," explains Lorraine McCreary, a dietitian with 17 years' experience. "To defend itself against this 'famine', the body slows its metabolic rate to preserve nutrients, lean tissue and fat. When normal eating resumes, weight gain is swift and your body composition changes so that you store more fat than before."

ALL SMOOTHIES ARE GOOD FOR YOU

"If fruits and vegetables are blended, they're OK because the pulp, and therefore fibre, isn't lost. But if fruit alone is juiced, it's simple sugar, which doesn't fill you up," says Gaynor Bussell, who sits on DEFRA's Family Food Panel. "We need to limit simple sugars to around 5-6tsp a day – including juice. Then there's portion control; you couldn't eat two carrots, one banana, 20 blueberries and a mango, but you drink it in 60 seconds. It takes our brains 20 minutes to register fullness, so you won't feel satisfied, either. Make your own occasionally, include veg, and only have 150ml."

SMALLER BREAKFAST = SMALLER WAIST

"A bowl of cereal has hardly any fibre or protein, so you'll be starving by mid-morning," advises Helen Bond, spokesperson for the British Dietetic Association. "Protein at breakfast curbs your appetite and revs up the body's fat-burning abilities thanks to a process called thermogenesis – because you have to work harder to break down protein, this generates heat and burns calories. A woman needs 45g of protein daily, and one egg is about 7g. Other good sources are baked beans, milk, yoghurt and oily fish."

LOW-CALORIE SNACKS ARE HEALTHY

"Snacks like rice cakes, diet crisps and light cereal bars provide very little goodness. Often, fat or sugar is replaced with artificial ingredients to give the right texture and taste, plus choosing diet options can mean you end up on a sugar/fat seesaw. When you take out fat, you want more sugar; take out sugar and you may eat more fat – because that's where flavour comes from. If you're trying to lose weight, cutting calories doesn't have to mean diet snacks – 25 grapes, a banana or an oatcake with peanut butter are all about 100 calories, too," says Bussell.

CARBS MUST GO

"These have been demonised, but they're important – and gram for gram, carbs contain half the calories of fat. The recent Scientific Advisory Committee On Nutrition report recommended women eat 30g of fibre a day, and the average woman falls short by nearly half – remove carbs and you'll miss by a mile. Fibre is important for gut health, and a lack of it is even linked to cancer," warns Bond. "Avoid white, processed carbs, but eat brown rice, rye, spelt, buckwheat, quinoa and barley for fibre, B vitamins and phytochemicals. Fill half your plate with vegetables, a quarter with healthy protein and a quarter with wholegrain carbs."

SUPPLEMENTS REPLACE FOOD

"Certain people do need supplements, but most of us can get everything we need from a balanced, varied diet," explains Bond. Undiagnosed intolerances are seeing people cutting out big food groups – but you can't pop a pill and replace everything. Vegetarians or vegans could benefit from B12 and omega-3, and almost all of us lack vitamin D, but otherwise they're used to *supplement* your diet, not be a substitute for it."

By Laura Potter. Photograph: Dan Smith

HOW I GOT HERE



Kate McCue

Kate, 37, is the first female US captain of a cruise ship. She is responsible for Celebrity Summit, a 91,000-ton, 965-foot ship, which sails between the eastern United States and Bermuda

EDUCATION

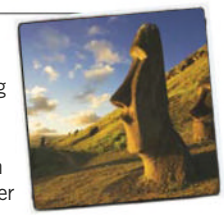
1992-1996
Lakeside High School, Augusta, Georgia

My parents took me on a cruise to the Bahamas, aged 12, and, seduced by the glamour of travelling to exotic destinations, I fell in love with the idea of working on a ship. I wasn't an overly ambitious student – achieving mostly B grades – but my goal was always to attend maritime university.



1996-2000
BSc (Hons) Business Administration, California State University Maritime Academy, Vallejo, California

The ratio of male to female students was 15 to one, something they're still trying to balance. I also took a celestial navigation course. Every summer we went on a training cruise to get experience, travelling to amazing places like Easter Island.



EMPLOYMENT

2001-2003
Third mate, Disney Cruise Line, Port Canaveral, Florida

After university, I started as a third mate with Disney Cruise Line. It was an entry-level position, assisting the first officer with the driving of the ship, inspecting safety equipment and helping plan voyages. For a first job, it was well paid – no living costs. I worked three months on and two off, sailing mostly around the Caribbean.

2003-2009
Second officer, then first officer, Royal Caribbean

I joined here as a second officer – it was a bigger company with more room for promotion. I was never bored – one day I'd be sailing to Alaska; the next, Australia, with regular opportunities to go ashore. In 2004, I progressed to first officer and had to drive the ship for eight hours a day. It needs a high level of concentration (there can be a lot of shipping traffic), so you break it into two four-hour shifts with eight hours' rest in between. The scariest moment was having to rescue some refugees from Cuba.



2009
Maritime Institute of Technology and Graduate Studies, Baltimore

Every time you complete 365 days of sailing, you go to college to upgrade your licence. Here I got my Chief Mate and Master's Licence (it enables you to take over control of the ship, should you need to).

2009-2015
Chief officer, then staff captain, Royal Caribbean

I returned to work as chief officer, the most experienced first officer on the ship. I was responsible for helping train the crew in the use of lifeboats, and ship maintenance. In 2011, I was promoted to staff captain – second in command. My main areas of expertise were safety, security and making sure the ship looked beautiful. I was also like a headmaster – if any of the 900-strong crew had problems, they'd come to me.

2015-present
Captain, Celebrity Summit, Celebrity Cruises

I was contacted by Lisa Lutoff-Perlo, the president and CEO of Celebrity Cruises, who asked me to apply for the job of captain. I'm now in charge of the ship. Guests can be surprised to learn their captain is a woman, but there's never been any negativity. The best part of the job is meeting so many diverse people. The hardest thing is remembering the names of 2,000 new guests!

KATE'S LIFE LESSONS

1 **Figure out what you love doing** and find a way to make money from it. I'm passionate about my job, and my husband (a ship engineer) and I will often go on a cruise on our time off.

2 **Life is a marathon, not a sprint.** Work hard, persevere and be patient. You'll get there.

3 **Change is good.** Embrace it, or get left behind. I'm always shaking things up based on customer feedback.

By Ruth Caven. Photographs: Getty Images



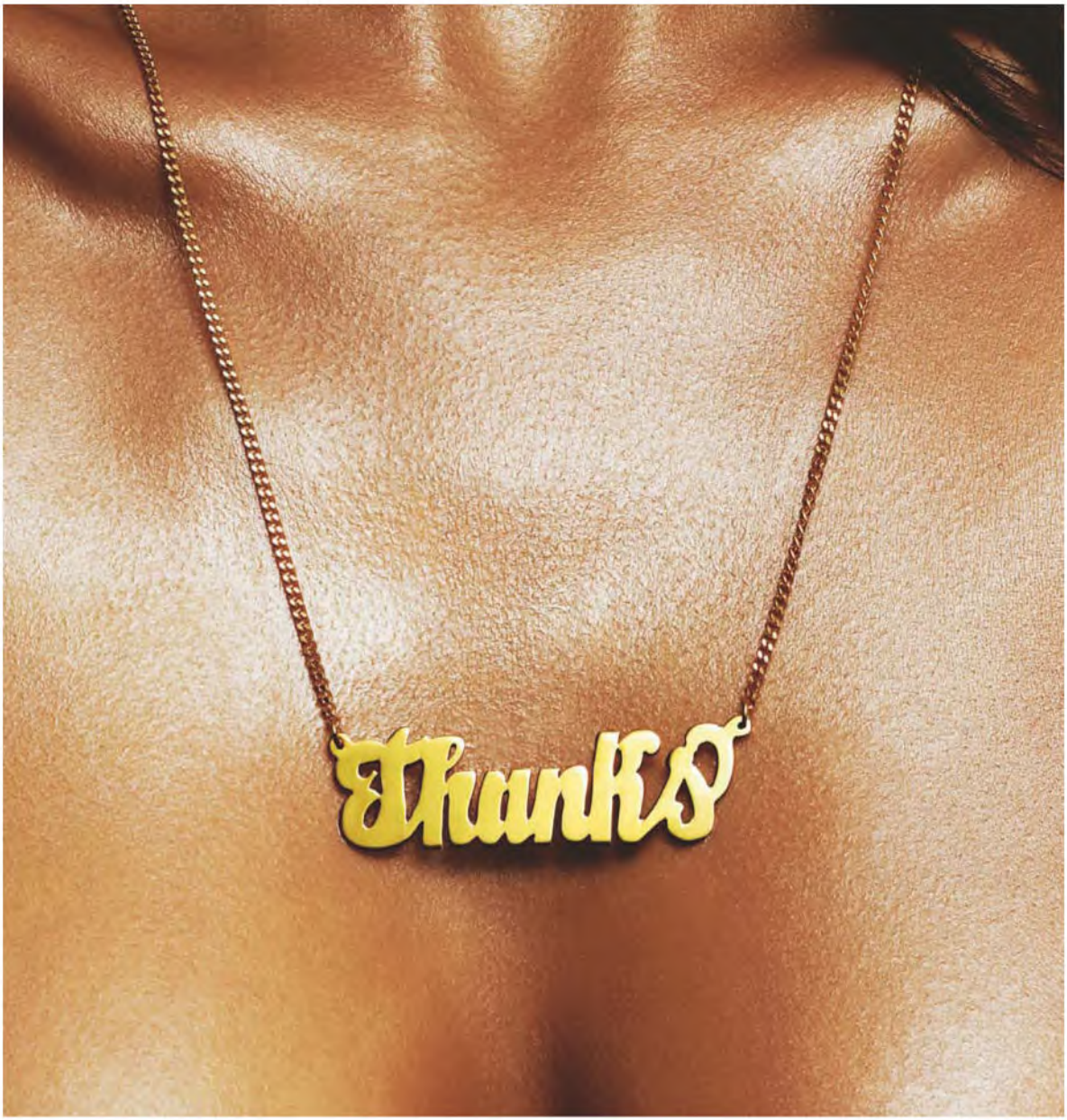
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FOR COMING

(Or did you?)

Over 40% of us *don't* orgasm during sex, so why is nobody talking about it? As a radical new blog puts female pleasure in the spotlight, it's time to break the taboo, says **Radhika Sanghani**

Meagan is telling me all about her ex. "It wasn't just that he didn't make much effort to help me orgasm – he didn't seem to care, either. He would come, and then when he was falling asleep, it was my turn. He'd half-heartedly touch me with his fingers. It was terrible. It made me feel like a dirty after-thought."

That this 27-year-old teacher is sharing such intimate details of her sex life with me, a total stranger, might normally seem surprising – but this isn't the first time Meagan has recounted this story. In fact, thousands of people have heard about Meagan's orgasms, or lack thereof. She's one of the many women who have shared stories of their sex lives on Tumblr blog How To Make Me Come. The site is a collection of anonymous open letters written by women to their past, present and future sexual partners, about what makes them orgasm. Within weeks of launching in August 2015, the site had gone viral.

> "It's hard to be 100% open about sex with someone in real life"

"I had no idea it would grow so much, but it's been amazing," says the blog's founder, 27-year-old writer Sylvia*. She set up the blog after having an unsatisfying sexual experience of her own. "Things weren't playing out the way we wanted them to in the bedroom," she explains. "It was hard to talk about it in the moment. It made me think, sometimes the hardest person to discuss sex with is the one you're having it with."

It was only when she confided in a female friend and got "an adrenaline rush" from being so honest that she decided to create How To Make Me Come. "I thought, 'If this is what it feels like to be open, I want to create a platform for other women to talk about the female orgasm and everything that accompanies it.'"

Within hours of her emailing all her female contacts about the blog, dozens of entries came flooding in. They ranged from women in their thirties who'd never had an orgasm, to those who can only climax through masturbation and some who struggle with intimacy.

"I love how contradictory it is," says Sylvia. "I'll hear from women who say they can only come through oral sex and others who say they're just not into that. Sex is different for everyone."

What the letters also make clear is that women frequently struggle to orgasm while their male partners climax on demand. Science backs this up. A recent study found that 57% of women orgasm most of the time with their partners, compared to 95% of men. It's a vast improvement on a 1994 study that found just 29% of women always had orgasms with their partners, compared to 75% of men. But it still suggests a large gender divide in sexual pleasure.

This is something I see in my own social circles. My girlfriends regularly complain about not being able to orgasm during sex, but their boyfriends come every time. They don't feel they can broach the subject with them because, "it's just too awkward", so instead they vent their frustrations to each other and resign themselves to orgasming alone through masturbation.

Dr Petra Boynton, a sex and relationships expert, doesn't think any of this is necessarily down to biology – but is often a result of a world where women are fed contradictory, and often damaging, messages about sex. "Some women grow up being given all these messages about covering up and not being overtly sexual," she says. "If you have that level of conditioning, or you've had poor sex education where you haven't heard anything about female pleasure, you're not going to know what's in it for you."

She says there can be a number of reasons why women struggle to orgasm, from issues with body confidence to stress and anxiety, to a lack of knowledge. But one of the biggest ▶

◀ issues is the stereotype of what 'good sex' is. "It's the pattern that you do some kissing, then foreplay – which is usually what women like most – then the 'main event', penetration. The woman is supposed to have orgasmed at some point during this, then he comes and it's all over."

Statistics show that men and women generally take a similar amount of time to climax when masturbating (two to four minutes), but during sex, women take ten to 20 minutes, while men take seven to 14 minutes overall, though they can climax two to three minutes after penetration. It means that not every woman will climax before her male partner. Knowing that it's OK to keep going until they're satisfied too – or finding different ways to help themselves climax – is something more women need to embrace, says Dr Boynton. "Women need to know they can break the accepted pattern," she says. "What if you don't end it when the man orgasms? What if you use a sex toy or touch yourself during sex?"

This 'pattern' of how sex should be doesn't just put pressure on women to try and orgasm before their partner, it also affects their idea of what an orgasm is. Some will blame themselves for not climaxing through penetration/oral sex/clitoral stimulation. Much of the ignorance about female orgasms comes from the way they're still portrayed in TV, films and books. Novels typically gloss over the struggles – even in *Fifty Shades Of Grey*, Ana Steele never has a problem 'climaxing and splintering into a million pieces'.

This narrative is one I've tried to counter in my own novel, *Not That Easy*, about a 22-year-old graduate trying to have fun, casual sex without being shamed. She, like many of the women on How To Make Me Come, realises her *Sex And The City* heroines were wrong: not everyone can orgasm on cue.

Amy Schumer's film, *Trainwreck*, was praised for its female-centric focus on sex, but though her character is at least shown receiving oral sex (something most films shy away from), she never struggles to orgasm. Neither do the characters on Lena Dunham's *Girls*, often praised for its realistic depiction of sex. It's no wonder, then, that women are looking online for a more authentic conversation about sex. How To Make Me Come has had millions of views since it launched and is finally starting the conversations we don't seem able to have in our bedrooms.

"I think it struck a chord with women because it's really hard to be 100% open with someone in real life about sexual things," says Sylvia. She's particularly pleased that women feel able to discuss it online, where they're often subject to silencing, trolling and repression. "There's something ironic about being able to talk about this in a world where women are sexualised without their consent – it's a reminder that women are sexual beings entitled to respect."

> "One of the biggest issues is the stereotype of what 'good sex' is"

This is partly why Meagan decided to share her story. "I thought about the trolls, but that's even more reason to speak up. The lack of awareness about women's needs is something I think about a lot, so I wanted to be involved." In her essay, *To Put It Bluntly, I Don't Bang Dudes Who Aren't Feminists*, she writes honestly and graphically about sex with her ex-boyfriend, feeling shamed by her Catholic family for her sexuality, and why she'll only date men who, in the words of Amy Poehler, 'eat pussy'. Since writing it, she has begun a new relationship and is having 'great sex', something she partly attributes to her experience with the blog. "It helped me to be the way I wanted to be with him and be more open. Writing this, being part of it and reading everyone else's essays, has played a big part in my life – at least in my sexual life."

Not That Easy by Radhika Sanghani is published by Harlequin and is out now

HOW TO ASK FOR WHAT YOU WANT

By sex therapist Simone Bienne

- Orgasms are like ballroom dancing. For the perfect 10, someone has to take the lead. Put his hand over yours and guide him. He'll soon pick up the moves.
- Play a fun, flirty, post-sex game. Straight after sex, take it in turns and spend five minutes saying what you liked. It's a huge sex-esteem booster and sets the perfect tone to say what you want him to try next time. Always start your request with "I like ..." and follow it with a specific technique.
- Describe your orgasms, instead of counting them. When he hears you describe how your erotic pleasure actually *feels*, I guarantee he'll be asking you about the how-tos.

"BE BOSSY. IT MAKES SEX BETTER FOR EVERYONE"

Eight more (very honest) takes from How To Make Me Come

"I have faked A LOT of orgasms. For so long, my self-esteem has been hanging not by a thread, but by a tiny shaving of a fingernail from a nail file. I've wanted guys to like me so badly. I've needed their validation in place of my own. I'd made sex for the man and not for myself. I would be too ashamed to say, 'Hey, this isn't working for me,' because I would want them to think I was easygoing and had tons of experience."

"The more you seem into all my curves, the better. Being self-conscious is the quickest route to me seizing up. My boobs are the least sensitive bit of my body, but you touching them and kissing them shows me you're ready for this jelly and I'm not going to care about what they look like without my bra on."

"What's going on in a guy's head when he's deemed his work has been done down there? Is there a coach in his head yelling, 'YOU DID IT, KID! YOU MADE HER MOAN A FEW TIMES! THAT'S AN ORGASM ACCORDING TO OUR STANDARDS! SHE'S ALL SET! VICTORY IS OURS! NOW GET BACK TO POUND TOWN AND FINISH IT OFF ALREADY! IT'S BED TIME!' Dude, you don't get a pat on the back because you licked your girl's vagina the way a cat cleans itself."

"I was scared of how big the orgasm would be. Almost like it was going to be too much and I didn't want to come because I wasn't sure if I could handle it. A string of profanity followed, but you didn't stop. You were taking me there. One more flick of your tongue across my clit and I covered your fingers buried inside me. But you were just getting warmed up. Three more like that followed and on the fourth I told you I didn't think I could come again. I now understand how much you love a challenge, so of course, I came once more."

"I have started being so much more communicative as I get older because it makes sex better for everyone. Women should be bossy about what they want – not only will it lead to better sex for them, but my partners at the very least have seemed to find it sexy."

"Don't get too excited about my arousal too quickly – pace yourself. It takes me a while to get in, but when I'm in, I'm all in. And please don't be OK with me not having an orgasm. Unless I tell you I don't want to orgasm. Then I mean it, the moment has passed."

"My best sexual experiences happened when I was made to feel comfortable by someone not stopping until they figured out what worked for me. He asked if what he was doing felt right, and told me what to do for him."

"How to make me come? You won't – but it's OK. Let me be clear: I really enjoy sex. And I really enjoy orgasms. But I've never had another person bring me to orgasm. And not for lack of trying – I've had some very patient, lovely, giving partners who gave it their best effort, but it just doesn't happen."

*Some names have been changed. Photograph: Jamie Chung

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BYE BYE, BUCKET LIST

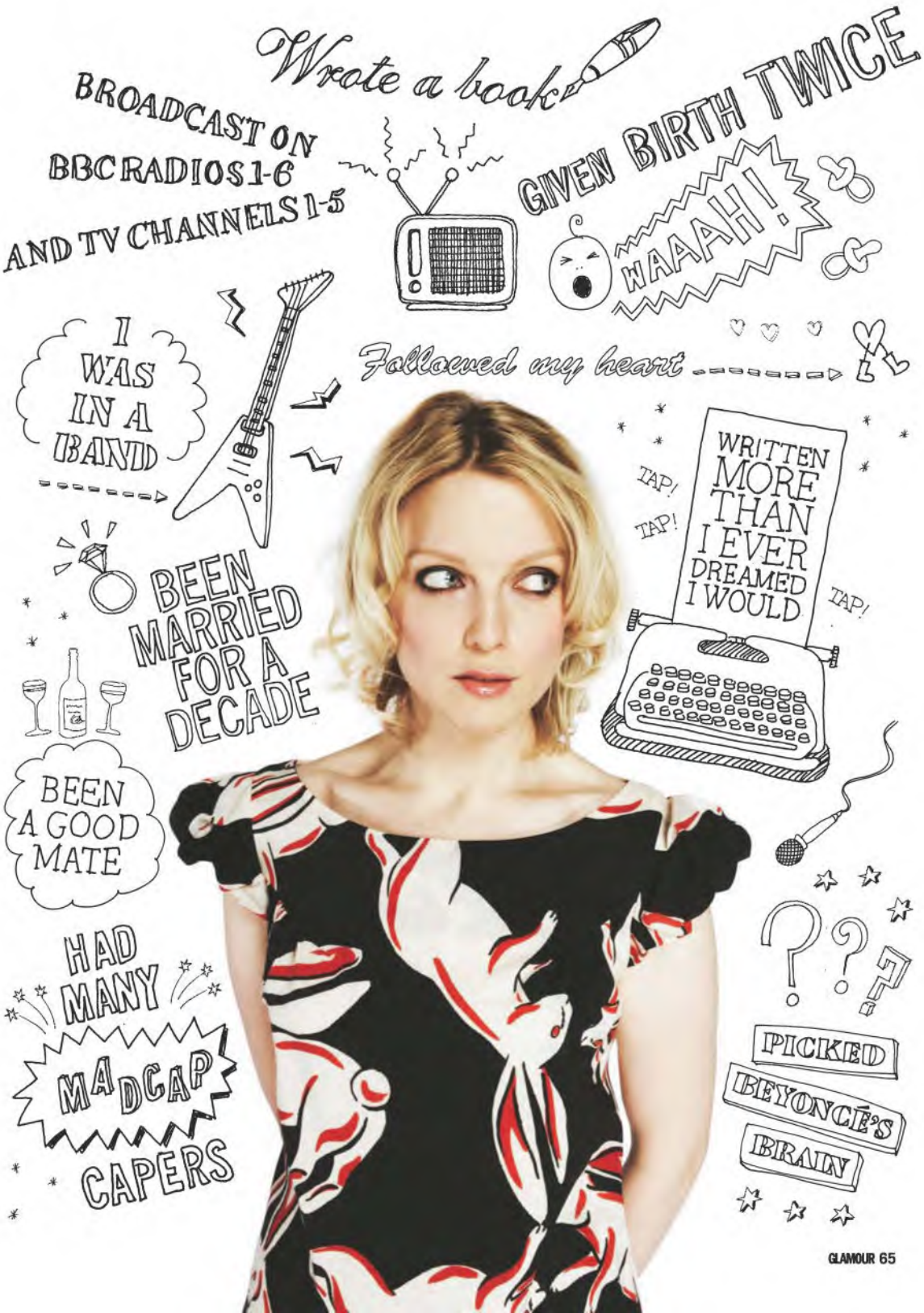
Tired of setting herself #goals, radio and TV presenter **Lauren Laverne** is swapping new year's resolutions for a "Look what I did!" list

Why on earth do we start the year in January? I've never understood it. The skies are low and gloomy, the world looks as if it has been stripped bare – the decorations are down and the leaves are off the trees. Thanks to Christmas, we're all as bloated, broke and hungover as we'll be all year. It is – let's face it – a terrible time to start anything, let alone a year full of hopes, dreams, promises and expectations. Of course, this is precisely what we do (or at least we have since the 1500s – before that time, Britons very sensibly holed up for the winter and began the new year in March, when the green shoots and sunshine made the whole concept more bearable).

My biggest issue with January isn't the weather, though. I'm happy to snuggle up with a box set for a few more weeks, to get some extra wear out of my Uniqlo cashmere. It's the resolutions. It's not even acceptable just to have one resolution these days – you have to have an entire Bucket List. Ostensibly a jolly list of dreams you'd love to come true, in actual fact a Bucket List is a terrifying nightmare based on the horrifying and increasingly imminent certainty of your death, which involves laying bare your dearest hopes in an excruciatingly public fashion.

"Why spend your life chasing someone else's dreams?"

None of us – even those who you'd think might be – are immune to the negative effects of this. I don't want to toot my own horn, reader, but I've done some things in my time. I have been married for a decade. I gave birth to two small humans, taught them to say please, thank you and all the ▶


Wrote a book
BROADCAST ON BBC RADIOS 1-6 AND TV CHANNELS 1-5
GIVEN BIRTH TWICE
WAAAH!
I WAS IN A BAND
Followed my heart
WRITTEN MORE THAN I EVER DREAMED I WOULD
TAP!
TAP!
TAP!
BEEN MARRIED FOR A DECADE
BEEN A GOOD MATE
HAD MANY MADCAP CAPERS
PICKED BEYONCÉ'S BRAIN

◀ words to Taylor Swift's *Shake It Off*. I have been lucky enough to broadcast on BBC Radios 1-6 and TV channels 1-5. I've picked the brains of everyone from Beyoncé to Meryl Streep and written more than I ever dreamed I would, including a book. In my youth, I was in a band and had so many madcap capers that I once appeared on *Top Of The Pops* with Blur and snuck onto the *EastEnders* set and had a cup of tea in Dot Cotton's kitchen *on the same day*. Yet I am still subject to Bucket List paranoia. Because no matter how much excellent stuff you do, you can never do it all, and nowadays things you haven't done are in your face all the time on the social media feeds of friends, colleagues and celebrities.

This running tally of the fantastic experiences of others creates FOFU (Fear Of Fucking Up). A close cousin of FOMO, FOFU is a paralysing awareness of the #squadgoals which remain unwon, which distracts you from your actual goals. For example, I might be writing for GLAMOUR (a dream, obvs), then glance at Instagram and catch sight of @yogagirl doing downward dog on a palm-dotted shore, followed by the inevitable hashtag "#bliss", and feel a pang of failure that I am unlikely to do bendy stuff on an LA beach any time soon (getting to LA Fitness often takes more willpower than I can muster), and because even if I did, I wouldn't look like that while I did it. I'd look like a Teletubby having an aneurysm.

The problem with dreaming in public is that it changes what our dreams are. Social media runs on heightened emotions, so it's tempting to amp up our experiences and aspirations to match – it's no longer good enough to hang out and have a laugh with your mates, you all have to look amazing and be somewhere beautiful, too. Plus, we know our lives will be shown alongside those of others. This leads to a sense of comparison ("the thief of joy", as Theodore Roosevelt observed) and an online atmosphere that can be competitive and passive-aggressive, one where #inspo is really #aggro.

It's important to know what you care about, not just what you think you should care about. Just as a conversation between lovers in bed is different to one they have in public, the goals we identify online may not match our hearts' desires. It can be hard and scary to strive for what you really want, especially if it flies in the face of convention, but it's the only path to contentment. Why spend your life chasing someone else's dreams?

"The goals we identify online may not match our hearts' desires"



Despite occasional anxieties, these days I plough my own furrow. That isn't a terrible (though admittedly hilarious) euphemism. It means I do my own thing. I have always been – in Zoolander's phrase – "a slashie" (DJ/writer/musician/presenter/website lady). When I was younger, I thought this was my weakness. Big "shiny floor" light entertainment TV shows were considered The Thing. I didn't get the appeal, but secretly wondered whether that was stupid of me. Looking back, I'm so glad I pursued what I found interesting. Not only do I enjoy my work more than I would have liked reading from an autocue once a week, but my mixed skill set is also incredibly useful in the online age.

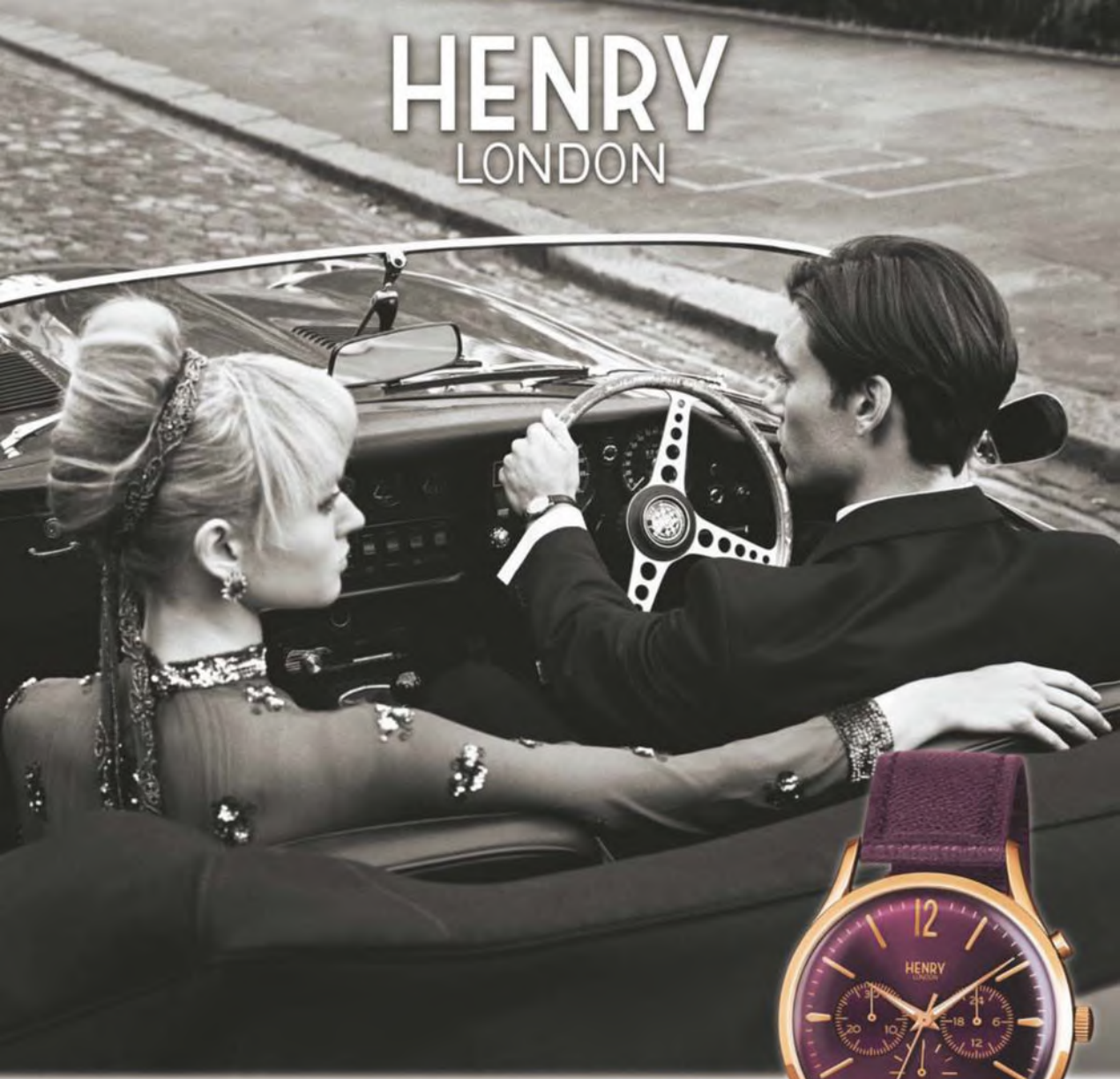
Like anyone else, though, I have my moments. Which is why this January I'm calling for an end to Bucket Lists and Instagoals. Let's stop measuring ourselves against each other, stop looking at our achievements from the outside in. Life should be lived from the inside out. The experiences that really matter might not be photogenic – wouldn't it be a shame to miss them because we're so busy looking for ones that are?

Let's flip-reverse the Bucket List and appreciate the things we have already achieved (the real stuff – being a good mate, keeping a cat alive, knowing where to locate the perfect pair of jeans…).

Wouldn't it be great if 2016 was the year when we found the courage to follow our hearts and lost the hashtags? I know, right? It would be #bliss. G

Photographs: Dean Chalkley/BBC. Illustrations: Philippa Williams

HENRY
LONDON



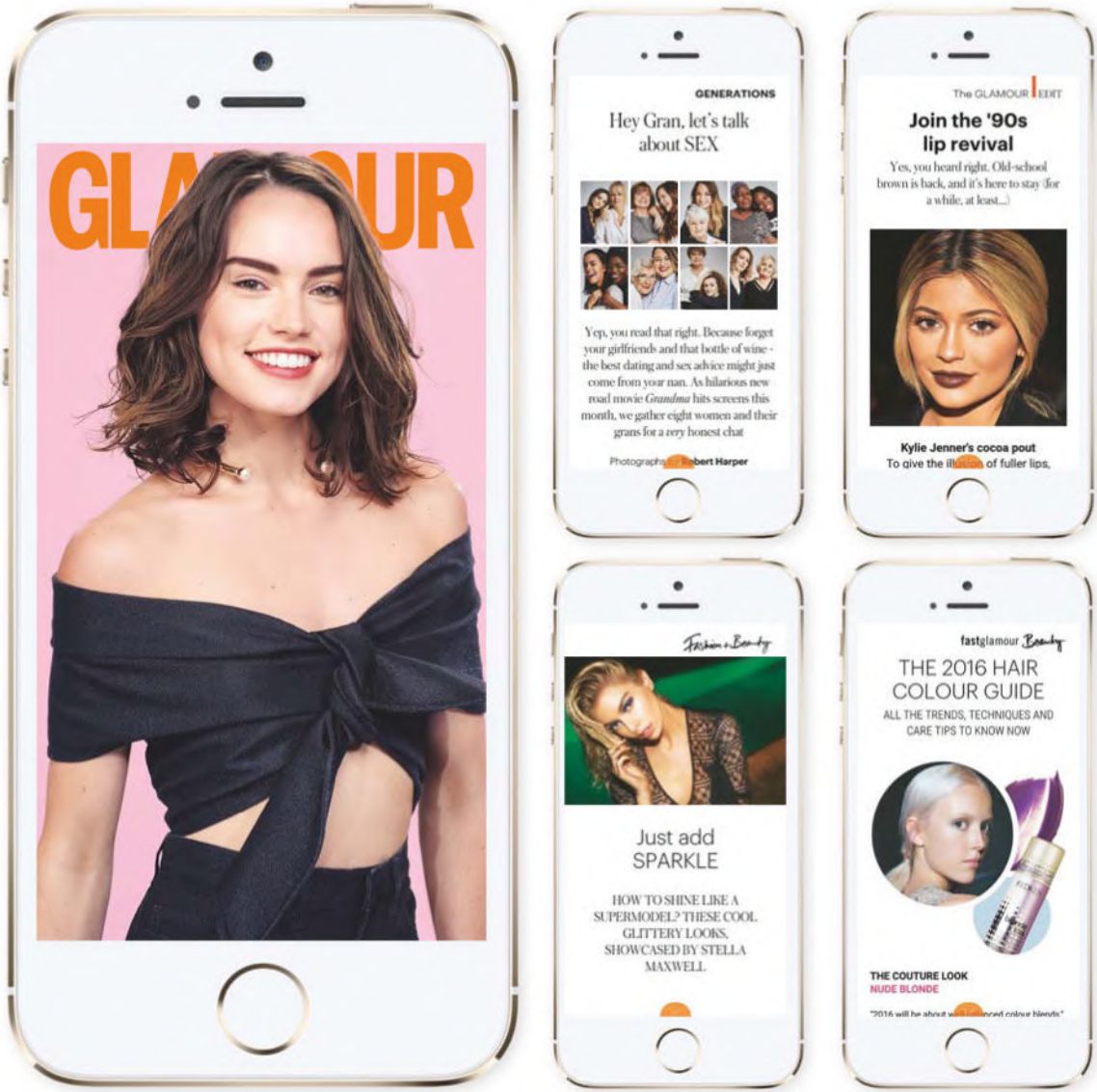


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Hey Gran, let's talk about SEX



Yep, you read that right. Because forget your girlfriends and that bottle of wine – the best dating and sex advice might just come from your nan. As hilarious new road movie *Grandma* hits screens this month, we gather eight women and their grans for a *very* honest chat ▶

Photographs by **Robert Harper**

Perhaps she's not your first thought when you're in search of advice vis-à-vis your love life. Maybe you think she couldn't begin to understand what it's like to be dating in 2016. But, think about it. She's survived heartbreak, marriage, sex, the revolution of the Pill (and quite possibly a World War) – there's not much she *hasn't* seen. Put it this way: when we brought GLAMOUR readers and their grandmothers together to talk sex, dating and relationships, it wasn't the seniors who were shocked. She might not know what Tinder is, but the generation gap? Not as big as you might think.

The distance between your gran's generation and yours is central to the honesty of the relationship. She's not your mother. Your relationship does not carry the weight of responsibility. She is free to simply love you – and to be entirely honest. And while she might not have experienced your freedom and choices, she has the advantages of perspective and pragmatism. Granny might not be as sympathetic as your friends when you're feeling 'woe is me' about the hot guy who probably (*definitely*) has a girlfriend and has vanished off the face of the earth. Instead, she will tell it like it is ("What do you want with a man like that, anyway?") and her advice comes with years of experience.

We have a lot to learn from our grandmothers (if we're lucky enough to have them). Read our interviews and watch the hilarious video online at GLAMOUR.com. Life doesn't end at 50, or 60, or 70 – there is a *lot* to look forward to. Also, FYI, sex doesn't have an expiry date. Granny is totally up for it.



JAZMINE, 23, & MURIEL, 72

How many dates should you go on before things get physical?

M: "I think about three months before a *kiss*. I'm sorry, blokes, you have to wait."

J: "I kissed my boyfriend the first time I met him. It was 2am in a club."

M: "That's terrible."

What about sex before marriage?

M: "You should get married first."

J: "What happens if you have to wait, like, five years to get married?"

M: "If he loves you, he will wait."

J: "No, you should do as much as possible, so you know you're compatible."

M: "You can still spend a lot of time together, but don't go to bed together."

What makes good sex?

M: "I have no idea."

J: "You've had six children, though!"

M: "I can't believe I'm talking to my granddaughter about this. I've had some good times, that's all I'll say."



OLIVIA, 22, & JANET, 75

How do you think dating has changed since you were young, Janet?

O: "You didn't have Tinder or any of the apps, did you, Nan?"

J: "What's Tindle?"

O: "Tinder – it's an app. You swipe through pictures and pick each other based on looks."

J: "I don't understand that. It's like clothes – how do you know you like something until you try it on?"

Do you ever talk about sex?

O: "We saw *Fifty Shades Of Grey* together."

J: "It wasn't much fun for the girl – she was always being tied up. I noticed you have the DVD at home, Olivia."

O: "It's nothing to do with me – it's Mum's!"



HANNAH, 23, & PAM, 73

Do you ever talk about sex?

H: "We saw *Magic Mike* and afterwards Nan said, 'Oh, Grandad might get it tonight!'"

And what do you think about one-night stands?

P: "I don't like them. I don't see the point."

H: "If you're single and loving life, why not?"

P: "God knows what you'll pick up. You don't know where he's been. You don't just have a bit of someone. You have to like them."

H: "You like them when you're drunk…"

P: "No! I hope you don't do it. I don't like it."

H: "I've got a boyfriend!"



ESTHER, 39, & HELEN, 88

How do you think dating has changed over the years?

H: "It was very inhibiting in my day. If you were going out with someone, you had to sit downstairs on the couch. If you were lucky, your parents went to bed and you had a necking session – then he had to go home."

E: "Sounds like now, actually. Everyone lives at home with their parents."

What kind of men do you fancy?

H: "I like them a bit rough. I'm joking."

E: "She's not joking."

H: "Actually, I like Tom Hiddleston. There's something about his mouth. I think he's marvellous."

E: "I'm more of a Tom Hardy person."

What about one-night stands?

H: "It's not the thing to do. But if it was Tom Hiddleston, that's different." ▶

Jazmine wears top by Uniqlo, jeans by MiH. Muriel wears top by Banana Republic, skirt by Barbara Casasola at Avenue32. Olivia wears dress by Isabel Marant at Liberty. Janet wears top by Equipment, jeans her own. Pam wears top by Banana Republic, trousers her own. Hannah wears dress by Victoria By Victoria Beckham. Helen wears shirt by Dorothy Perkins. Esther wears shirt by MiH



GEORGINA, 24, & CHRISTA, 70

How have relationships changed since you were young, Christa?

C: "Women are more equal now – you'd never pay for your own food then. It'd be weird if he asked you to go halves."

G: "I would rather pay half than be treated all the time."

C: "We didn't feel 'treated' – it was their job. I'm still like that with my husband. I never take my purse."

Do you ever talk about sex?

G: "This morning we did."

C: "I like to make sure she takes precautions. It would ruin her life if she got pregnant."

G: "That's your view – it wouldn't be the end of the world."

What do you think about one-night stands?

C: "Sleeping together on the first night?"

G: "No, you sleep with them and never see them again."

C: "Oh, no, I don't think so. It's not nice. You would have to be very drunk."



KRISTABEL, 28, & RHODA, 77

Do you have the same taste in men?

R: "She doesn't talk to me about men – she's not interested."

K: "I am, I just don't talk to you about it. You wouldn't understand it all. There are websites and apps; it's a lot to get your head around these days."

R: "I would love her to have a boyfriend – but not one of these boys who just use girls. There are some bad boys nowadays, like the ones on *The Jeremy Kyle Show*."

K: "Don't base it on *The Jeremy Kyle Show* – they're only a small section of the population."

R: "I don't want boys to use my granddaughter for sex, then leave her. If a guy fancies my granddaughter, he must make an honest husband for her. If they used her for sex, I'd strangle them."

By Hanna Woodside. Lisa Harvey and Natasha Poliszczuk. Make-up: Adele Sanderson. Hair: James Bickmore at Headmasters. Manicure: Sophia Stylianou at SixtyOne Productions. Kristabel, Rhoda and Christa wear their own clothes. Georgina wears blazer by Helmut Lang. Christine wears dress by Hobbs, shoes by Jimmy Choo. Abigail wears top by Vince at Harvey Nichols, trousers her own, shoes by Jimmy Choo. April wears jumpsuit by Atterley Road. Pat wears top by Asos



ABIGAIL, 21, & CHRISTINE, 75

Which celebrities do you find attractive?
C: "Daniel Craig!"
A: "He's a pretty good-looking chap."
C: "I also *love* Michael Portillo. I like his voice, I like listening to him."
What do you think of Tinder?
A: "Nan, it's an app where you swipe 'yes' if you think someone is good looking. It's purely about looks." *Demonstrates how to use it*
C: "Cor, that could get me into trouble. It sounds a bit harsh. Addictive, but harsh. Don't tell Grandad." *Proceeds to 'like' on Abigail's behalf.*

ONLINE EXTRA
WATCH OUR GRANDDAUGHTERS AND GRANDMOTHERS CHAT LOVE AND SEX – ON CAMERA – AT GLAMOUR.COM



APRIL, 23, & PAT, 70

What do you think about sex?
P: "I embarrass her and talk about sex. She doesn't believe I should do it at my age."
A: "You get to a certain age and you have to stop. That's what I think."
P: "Well, I'm 70 and I would like some."
A: "She's terrible."
P: "We never talked about sex in my day. It's more open now. I love *Fifty Shades Of Grey* and all those kind of books. But good sex is about being loving towards one another."
A: "It's not just sex though, is it? It's making love to one another."
P: "Yes, you have to have the tenderness. It can't be 'Wham, bam, thank you ma'am.' That's sex, not making love."

What's the most outrageous thing your grandmother's said to you? Tweet us @GlamourMagUK #GLAMOURGrannies

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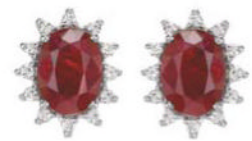
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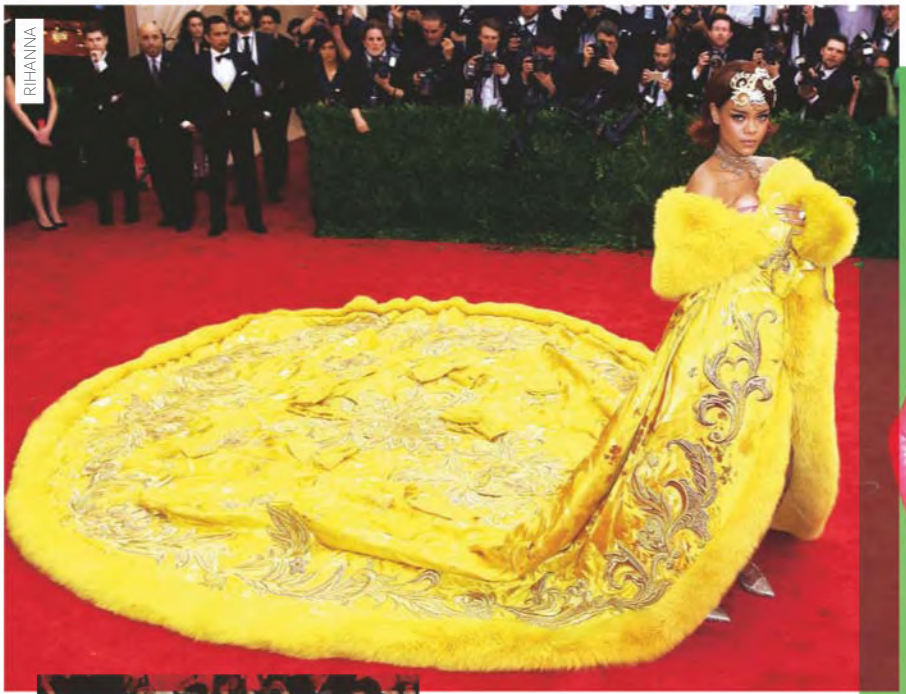
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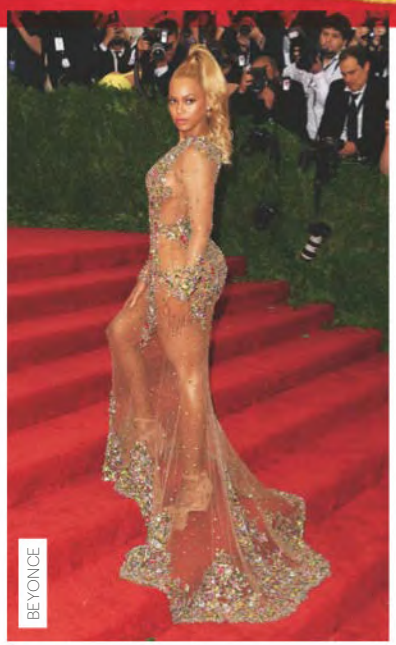
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Too much?


RIHANNA


BEYONCE

NO WAY!

This season, more is *definitely* more with the new maximalist trend. Here's how to nail it IRL, says **Victoria Moss**


MILEY CYRUS


KERRY WASHINGTON


KENDALL JENNER & JOURDAN DUNN


KIM KARDASHIAN

By the time she'd put on her 11th outfit at this year's VMAs (a pink latex custom House Of Holland dress with blow-up 'DO IT' detail), it was clear we'd reached peak Miley Cyrus. And while it's nothing new for the formerly clean-cut pop star to showcase so much of herself in tiny 'outfits', she was seemingly right in sync with fashion's attention-seeking mode du jour (if at its most extreme incarnation). The extraordinary rise of Instagram and its fashion-obsessed acolytes has pushed impactful, maximalist dressing right to the fore.

In recent times, the red carpet had morphed into a slightly bland procession of tasteful, elegant yet dull column gowns; now, thanks to the likes of Balmain creative director Olivier Rousteing's #squad (Kendall, Gigi, Jourdan et al), there are rather a few more slashed-to-the-navel necks and sequins. When Rihanna wore that giant frou-frou Giambattista Valli number to the Grammys, we thought, 'That's a big frock,' but she dwarfed it a few months later at the Met Gala ball in New York, in a canary yellow Guo Pei gown with a staircase-covering train. At the same event, Beyoncé glistened in a barely there crystal-encrusted Givenchy number and Kim Kardashian took a similar approach (with a dramatic feathered train), while Kerry Washington looked candy-cute in her Marie Antoinette-esque Prada confection.

The fear of making a statement has seemingly evaporated, which is where the fashion world wants you to head, too. And while these celeb examples might be extreme, let us offer exhibit C: Alexa Chung, a woman whose sartorial twin might be a navy pea coat, and who launched a denim collection of cool basics. She was spotted at Milan Fashion Week in a spangly gold Gucci pleated skirt and multi-coloured striped jumper – even the humble stripe has been maxed up. And exhibit C, part 2: Carine Roitfeld, the French style queen never knowingly seen not wearing black, took to her Frow seat this season in, hold the front page, PINK trousers. Two of fashion's most OTT weddings also happened this year. Jewellery designers Noor Fares and Sabine Getty both staged extraordinary spectaculars, which obviously had their own hashtags (check out #joebine and #noormandie).

The current autumn/winter trends are big and loud. From JW Anderson's lamé-fuelled '80s riot to Prada's pink trouser-suited ladies, Gucci's thrift-shop chic and Miu Miu's giant daisy earrings and frilled blouses, colour, detail and complicated looks are competing for attention. While for spring/summer, get set for ruffles and exquisite embroidery, citrus shades and giant, sweeping sleeve details (if it doesn't fall in your soup, you're doing it wrong). Anita Barr, Harvey Nichols' group fashion buying director, says, "This season we have definitely noticed a return to maximalist embellishment, and that has translated into buying more extravagant styles. Sales of Erdem's bold floral dresses have increased and the statement Valentino monochrome stripe dress has been a best-seller."

> "It's all about telling people who you are by what you put on your back"

Given that little more than a year ago, we were championing the quiet, understated qualities of normcore, the move to this bold new agenda seems remarkably swift, even for the ever-changing fashion cycle. "While normcore definitely had its moment, I think fashion always comes back to storytelling," explains Barr. "The revival of the 1970s has been slowly building over the past few seasons, only now reaching peak Studio 54 flamboyance. We have also seen a huge change from the Italian design houses, with Gucci, Prada and Dolce & Gabbana introducing a new statement of luxe dressing, with clashing prints, oversized accessories and quirky styling."

It is Gucci's new creative director, Alessandro Michele, who has swept the fashion world into his eclectic, Margot Tenenbaum-esque interpretation of a very deluxe 1970s. He turned a fur-lined backless loafer into style catnip, marking the shift from the stealth luxury of logo-less, minimal accessories to ▶


ALEXA CHUNG









◀ that more obvious, logo-laden territory – all the better for Instagram impact.

Henry Holland (the designer behind Miley's latex number) agrees that an element of it comes from the explosion of street-style culture and the peacocking that it encourages. "But I also feel there's a resurgence in individuality and expressing yourself. It's about reflecting your personality and telling people who you are through what you put on your back. If you're a loud, eccentric person, then dress like one. I wasn't making that dress to please anyone but Miley. I love her approach to fashion. She likes to play with people and realises the power of her image."

It's this idea of strong imagery that resonates now, whether that's creating our own striking selfies or enjoying others'. Trend forecaster Lucie Greene, worldwide director of the Innovation Group at J Walter Thompson, says the latest maximalist revival is rooted in Instagram's influence on fashion. "Everything is now designed to inspire sharing – there are only so many beige tunics a crowd will want to see." She attributes this to a "yearning for the glamour and opulence of former times. Air travel, as it was; partying, as it used to be; clubbing, when it was real. It's linked to the economic, political and environmental uncertainty right now – it's escapist." But, perhaps crucially, she notes that (in the face of earnest posts of avocado on toast), with this approach to style, "people are being more fun".

"The maximist revival is rooted in Instagram's influence on fashion"

And as for all those Instagram influencers, she says that through following these fashion-forward women, we feel more inclined and confident to dress in a more overt way – so these outré looks are filtering into our wardrobes. Indeed, Instagram made its fashion credentials clear with its new hire, ex-*Lucky* editor-in-chief (and street-style megastar) Eva Chen (now head of fashion partnerships at Instagram), representing the social network on the front row at every one of September's fashion shows.

Pandora Sykes, *The Sunday Times Style*'s fashion features editor and 70K-Insta-follower-wielding blogger, is definitely not a woman afraid to try out an attention-seeking look. She explains that all this heightened interest in what we look like is a celebration of the individual. "It comes down to personal style: where a black blazer may work for you, the embroidered bolero will work for me. I encourage people to treat their wardrobe as an extension of themselves, regardless of trends. Let your clothing reflect your personality." Her top tip for making an impact? With details. A great cinchy belt, a pair of unique, talking-point shoes and some statement gold jewellery.

But where does this all leave normcore? Well, for anyone nursing a nice grey sweatshirt, not quite dead. "Normcore didn't get rejected – it just got updated," says Roberta Benteler, founder and managing director of avenue32.com. "Céline is the best example for the continued success of the minimalist look. Phoebe Philo updates it with subtle details, including cow bells and interesting hardware, while Vetements not only serves as a balance to the decadent '70s, but has also developed to incorporate colour and more grungy elements."

Vetements might not be quite on your radar, but it soon will be (see our feature on p36), not least because its head designer, Demna Gvasalia, has been appointed creative director of Balenciaga. The label has brought a cool edge to classic pieces – its jagged hem floral midi dress was one of Fashion Week's most recognisable street-style stars. It sums up the label and mood perfectly: stand-out and cool, yet eminently wearable, clothes. And what's not to love about that?

Victoria Moss is senior fashion news and features editor of *The Telegraph*

Photographs: Rex Features, Getty Images, Corbis, Xposure Photos, Jason Lloyd-Evans, Splash News, Phil Oh

Fashion's most fabulous

The influencers who think "casual" is a dirty word



LEANDRA MEDINE
The New Yorker behind the Man Repeller blog has never knowingly turned down a trend. We love her in cool new NYC label Rosie Assoulin – the perfect statement-making clothes with an edge.



ANNA DELLO RUSSO
The undisputed pioneer of look-at-me dressing. *Vogue Japan*'s editor-at-large is still cracking out full looks at an astonishing rate. 965K Insta followers can't be wrong.



GILDA AMBROSIO
With a name like that, you'd need to be fabulous, and this 79K-follower star more than lives up to her moniker. She's made a 'thing' of her swishy dark hair. Having a 'thing' is always essential when aiming for the top of the style hierarchy.



SUSIE LAU
Fashion stars don't come much more original than Susie, who set up one of the first super-style blogs, Stylebubble, and is still charming us with her witty, colourful, fun take on getting dressed.

How to pull it off

1 **Balance is key**
Take note from Alexa's partying outfit – it's all about tempering your stand-out piece with something a little more subdued. A cosy knit and jazzy skirt are a great look.

2 **Don't overthink it**
If it feels a little wrong, then it's probably right. The art of maximalism is to give in to what *you* think, rather than do what you think you're supposed to do.

3 **Shop your wardrobe**
Throw together old favourites in new ways – rethink how you wear that Breton tee. Layer it under a printed dress or with a sequin skirt for a high/low partying effect.

4 **Opposites attract**
Wear loafers or flat boots with a knockout party dress.

5 **Think like Iris Apfel**
Add on one more thing before you leave the house.



Crazy bitches, unite!

You know that 'psycho chick' in a relationship – the one who yells and freaks guys out? We've all been her, and that's OK. The judgement stops now, says **Amber Madison**

Rachel and Ben* weren't official official – they worked together, which made any sort of label difficult – but they definitely had a 'relationship'. They'd been hooking up for months, hung out every weekend, and he kept his cupboards stocked with her favourite foods. It was more than just a casual hook-up situation. So when they made plans to meet up with friends one Friday, she didn't expect him to just... disappear.

"We were all at the bar, and when I turned around, he'd gone," says Rachel, 28. "At first, I thought he was in the loo, but then I realised he'd left." She was worried, so she called him – again and again, a total of 20 times. So far, so reasonable. She was, understandably, pissed off and wanted to tell him so. When he didn't answer, "I got really angry and started yelling at his friends. As I got more and more upset, they started physically backing away from me, like, 'Who is this girl?'"

Ben resurfaced a few days later and told Rachel she'd overreacted. Then he pulled the disappearing act again on Valentine's Day, when he bailed on their dinner plans. He started ghosting for days at a time. Rachel would get angry, and Ben would dismiss her feelings as crazy nonsense. Ben's friends started avoiding her, Rachel says. "I could tell they were like, 'That woman is *nuts*.'"

Rachel is not nuts. The fights with Ben were, she admits, not her proudest moments; even at the time, "I remember being so embarrassed about

how I acted," she says. But you can draw a clear line from Ben's disrespectful behaviour to the way Rachel responded. She was upset. Sometimes you lose it, especially when a romantic situation is murky and ill-defined. So why, when a woman expresses understandable human emotions in a relationship, do we often call her crazy? How, in 2016, is the "psycho chick" stereotype still so prevalent, from the Overly Attached Girlfriend meme to songs like, yes, *Crazy Bitch*? And isn't it time we put an end to the judgement – right now?



"Look, the only voice I want to hear is the Sat Nav's"

What do you really mean by 'crazy'?

Often, the C-word is code for a more common emotion: anger. When Vera, 27, graduated, her family wanted to meet her boyfriend, Mac. "My parents organised a big dinner," she says. He didn't turn up. Irate, Vera started a phone blitz, calling and texting him dozens of times. "I left angry voicemails, which in retrospect were regrettable. But what the fuck?" When he resurfaced, Mac told Vera that the voicemails indicated she wasn't 'mature' enough for a relationship. "No apology whatsoever," she says.

Mac's response is all too familiar. "There's a long history of using words such as 'crazy' to dismiss the legitimate concerns of women," says Dr Christine Mallinson, who studies language and gender issues at the University of Maryland Baltimore County. (Hysteria, after all, comes from the Greek word hystera, which means uterus.) The labels also help lessen society's general discomfort with female anger. "Our reaction to an angry woman is really quite primal," says Dr Peter Pearson, a therapist and the co-founder of The Couples Institute in Menlo Park, California. "It's embedded in our DNA that women are supposed to be nurturing and supportive, so we don't really give them a space to be angry." Instead, we vilify their feelings. "When we use 'crazy' in this way, we're dismissing the concern and saying it's just in the woman's head." Which brings us to another point...

'Crazy' doesn't happen by itself

Or to put it another way: these feelings don't usually appear out of nowhere. Public relations assistant Sara, 30, kept seeing kissy-face texts pop up on her boyfriend's phone from his best (male) mate. Fishy! So she went through his phone and worked out he'd entered a girl's number under his friend's name – and was having an affair with her. When she confronted him, "he called me crazy and told me *I* should apologise for snooping."

Let's be frank, the only 'insane' person here is the man who thought he could cheat, blame his girlfriend and get away with it. But experts say 'crazy' is often used as a tool for shifting responsibility. "I see it a lot," says Bea Arthur, a therapist and founder of online counselling ▶

'CRAZY' GIRL CONFESSIONS

"Every time my boyfriend went out with his friends, he'd promise to be home at a reasonable time, but inevitably it would get to the early hours and he'd be MIA and uncontactable by phone. It used to make me irate because, worried that something might have happened, I couldn't sleep 'til he got home. One night, when he rocked in at 4am, I completely lost it. He accused me of being nuts, before rolling over and going to sleep. Outraged, I tipped a glass of ice-cold water over his head! He wasn't best pleased, but it was a wake-up call (literally) to him about how insensitive his behaviour was, and he apologised the next day."
Lucy, 32

"My boyfriend said he was staying in one night, but a friend told me he was at another girl's party! My cousins and I went to spy on, then confront him. He apologised and said he'd wanted to protect my feelings. I told him the best way to do that is to tell the truth."
Tanya, 24

"I was dating a guy I really liked, but on his terms. I lasted three months – until a friend's birthday party, when I had too much wine and it all came out. It turned into a huge define-the-relationship chat, and though I'm still embarrassed about it, it had a happy outcome: we're getting married next year."
Julia, 31

◀ service In Your Corner (inyourcorneronline.com). "Women get called crazy for getting upset, when a lot of the time he's sending mixed signals or refusing to discuss the relationship." Or worse: cheating. "The terminology often gets used to justify the man's behaviour," she adds.

Those labels can also cloud our own judgement. Post-grad student Laura, 27, had a month-long 'thing' with a guy who said he didn't want a girlfriend but mostly treated her like one. Still, Laura wanted a more official relationship. So one night at his house, when he refused to turn off the Xbox and talk to her, she decided she'd had enough. "I left," she says. "Then I called him as soon as I got outside and told him he needed to 'come and get me.'" He did, but once they went back into the house, he fired up the Xbox again, so she left him a second time. "I felt at my craziest that night. I was desperate for him to acknowledge me, but he was completely indifferent towards me." (They've since called it quits.)

> "80% of what we call crazy is just a reaction to a very normal feeling"

It's hard enough to calmly discuss emotions with a partner you trust, but relationship uncertainty like Laura's makes it even more difficult. According to Arthur, "Probably 80% of what we call 'crazy' is just a reaction to a very normal feeling, like doubt or fear," – two feelings that are "incredibly natural in a no-labels relationship. That's when it gets messy."

No more crazy-shaming

So how do you confront those underlying feelings and the circumstances that create them? "It's not unreasonable to want to talk to your partner if you're feeling scared or lonely," argues Arthur. If you find yourself in a relationship that doesn't meet your needs, speak up – ideally *before* you lose it, says Dr Pearson. "Most angry people just want to tell their partner to shape up. But that can set you up to be attacked right back." Instead, try writing down all the things you'd like to say. "It helps us think more carefully," Dr Pearson explains. "You start to notice the pain underneath the explosive emotion." If you do explode – and let's face it, we've all been there – find a calmer time to apologise for your behaviour, but not your anger. "Start with your feelings," says Dr Pearson. "Say, 'I felt that you were insensitive, and when I feel that way, I behave in a way I'm not proud of.' Then move on to the root cause." If your partner isn't on the defensive, they're more likely to be willing to address what's bothering you.

And while you're sticking up for yourself, cut your fellow 'crazy bitches' some slack. Tina, 32, admits that at first she judged her sister-in-law, Lisa, for her public marital meltdown. (Lisa suspected her husband was having an affair, so she turned up at his office and stole his phone for proof. She got it.) "I didn't stand up for her because *my* husband thought she was being nuts," Tina says. "But in the end, I realised that, faced with the same situation, I might do something similar. I pointed out that Lisa was, understandably, upset and needed our support. My husband came to see that too."

Which is really the goal: more support and less judgement. "When we stop criticising women for being emotional, we open up a space for healthier relationships, for women *and* men," says Lyn Mikel Brown, who has studied girls' psychological and social development. "We're never going to get there if we keep labelling emotions crazy." So next time you feel kind of 'crazy', remind yourself that you're just trying to address your feelings. And remember, there's a clinical term for someone who can't process emotions. It's (wait for it…) psychopath. G

YOU GO, GIRLS **We stand up with some of pop culture's greatest "crazy bitches"**



The Other Woman
Their revenge was harsh, but you know who started it? The man who dated three women at once.



Sex And The City
If anyone ever dumps you with a sticky note, you have Carrie Bradshaw's permission to kick off.



The Mindy Project
Weird, slightly desperate wedding toasts happen (especially when your ex-boyfriend is the groom).



...Except this one.
Faking your own murder? Sorry, ***Gone Girl***. Too far.

*Names have been changed. Amber Madison is the author of *Hooking Up: A Girl's All-Out Guide To Sex And Sexuality*. Additional reporting by Concepcion de Leon. Photographs (posed by models): Dmitris Skoulos/folio-id.com, Jenny Gage and Tom Betterton/trunkarchive.com, Landmark Media

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SAY NO TO SEXISM IN SPORT

WANT TO SEE MORE WOMEN



WINNING?

It's a no-brainer, right? 2015 has been a *huge* year for women's sport – but there's still lots to do. And if we want more coverage, more equality and more kick-ass moments like these, then it's time to get involved, says **Clare Balding**

On December 14 last year, the England Women's Rugby Union Team won the Team of the Year Award at the BBC's Sports Personality of the Year (SPOTY). It was the first time since 1969 that an all-female team had been victorious. In fact, until last year, more horses had been recognised as part of a winning team than women. Now, I like horses but that's ridiculous, right? GLAMOUR picked up on the anomaly in its December issue and asked you, the readers, to vote on your favourite female sports star.



The struggle for female respect, as well as reward, is as old as time itself. Women have faced it in the office, in politics, in the arts, in science and engineering. Sport ought to be easier because if you're the fastest, the most accurate or the strongest, you win. In reality, it's not that easy to be the best if you're struggling with substandard facilities, a volunteer coach and kit you've bought yourself.

Sadly, that's the case for most pro sportswomen. The women's rugby team would train and compete while holding down full-time jobs as teachers, plumbers and policewomen. Seriously, can you imagine the men's team doing that? Winning that SPOTY Award was a real breakthrough moment and 2015 has continued to be a seminal year for women's sport ever since.

In January, Sport England's This Girl Can campaign hit home with a female audience who loved seeing women like them getting hot and sweaty running, cycling or swimming, and, importantly, enjoying it. Catchphrases like "I jiggle, therefore I am" and "Hot and not bothered" flipped the stereotype. We now had a motto for the *real* sportswoman: "Sweating like a pig, feeling like a fox."

The 2015 Boat Race also made history. You couldn't find a more traditional and elitist sporting event, but on April 11, the Women's Boat Race FINALLY got equal billing to the men's. For the first time in almost 200 years, both races took place on the same day, on the same stretch of the Thames, and I was there to proudly present the race live – again, another first – on TV. The banks were packed and I felt so emotional as the boats took to the water, knowing how long it had taken to reach that point, but also sure that within a couple



of years, everyone will probably question why on earth it hadn't happened sooner.

Sportswomen are also making headlines. Olympic rowers Helen Glover and Heather Stanning are setting a new record for an unbeaten streak. Katherine Grainger had a break after the 2012 Olympics, while her gold-medal-winning rowing partner Anna Watkins had two children. This summer, she came out of retirement and could be the first mother to represent Team GB in rowing. It would be huge if she got back in the double scull with Grainger.

The England women's football team got to the World Cup semi-finals in July, but lost because of an own goal. They then beat Germany in the third place play-off. Captain Steph Houghton is not yet a household name, but she's making a huge impact. When it comes to recognition, women seem more inspired by female sports stars than ever. Jessica Ennis-Hill nearly topped the list of who young girls see as their role models. The heptathlon champion wasn't far behind Taylor Swift and Katniss Everdeen.

As for media coverage, BT Sport has invested in live coverage of the Women's Super League, while the BBC covered the Women's FA Cup Final, which made its debut at Wembley. Both were won by Chelsea, who, with Manchester City, seem to be most aware of the opportunities ahead.



While some sports have limited expectations of how they can expand for female players, others, like cricket, have a good long-term strategy and are supported by their male counterparts. The Women's Ashes received improved coverage on TV and radio, with even the old-fashioned male-dominated newspapers giving matches column inches. The rewards will increase as the sponsorship deals roll in, and KIA Motors and Waitrose have put money behind the women's game. Importantly, the ICC (cricket's international governing body) has announced a five-fold increase in prize money for women's competitions from 2016 to 2023.

Yes, women's sport is exploding, but we've still got a long way to go. Progress seems haphazard – investment is scattered and volunteers are working hard, seemingly digging their own furrows. While women's football is most likely to succeed because of its reach, financial clout and mass appeal, it seems bizarre that some Premier League clubs, like Manchester United, don't have a women's team at all.



Of course, it's great to push for better media coverage, sponsorship and prize money – to talk about sport, and to inspire women – but I've had enough of talking. I don't want to waste energy arguing about *why* it deserves investment and coverage. Campaigns like GLAMOUR's Say No To Sexism In Sport make a difference and I've been part of an Inspiring Women campaign to highlight the career opportunities in sport, but it's time to move on. I want to help make those changes happen – and you can too. I want to see women's football clubs asking the FA why their prize money isn't increasing at the same rate as cricket. I want to ask my bank, my supermarket, my energy provider, if they're sponsoring women's sport and if not, why not? Brands spend time and money trying to sell themselves to female buyers, knowing we are a powerful market. How about we ask them to give a little back by supporting female power in the form of women's sport? We are the critical mass, the unheard voices, the silent majority. It's time to make ourselves heard. How? If you keep picking up the paper and seeing zero coverage of women's sport, say something. If you're listening to sports bulletins on the radio that are male-only, Tweet them, write to them or call and ask: why?



"It's not enough to clap politely from the sidelines and think how lucky we are to get coverage at all"

If you believe, as I do, that it's not enough to clap politely from the sidelines, and think how lucky we are to get any coverage at all, then calmly but firmly say so. The challenge is to capitalise on the progress that's been made. It is not just a cliché to say that women are good at collaboration, it's also true – and the secret to success lies in working together in a way that traditional men's sports never have. That may mean shared sponsorship schemes, joint season tickets or shared events that showcase a variety of women's sport. Cricket and football are leaping ahead, but we can make other sports stronger by thinking of the whole picture. The rewards will benefit everyone and ensure that the future for women is fabulous.

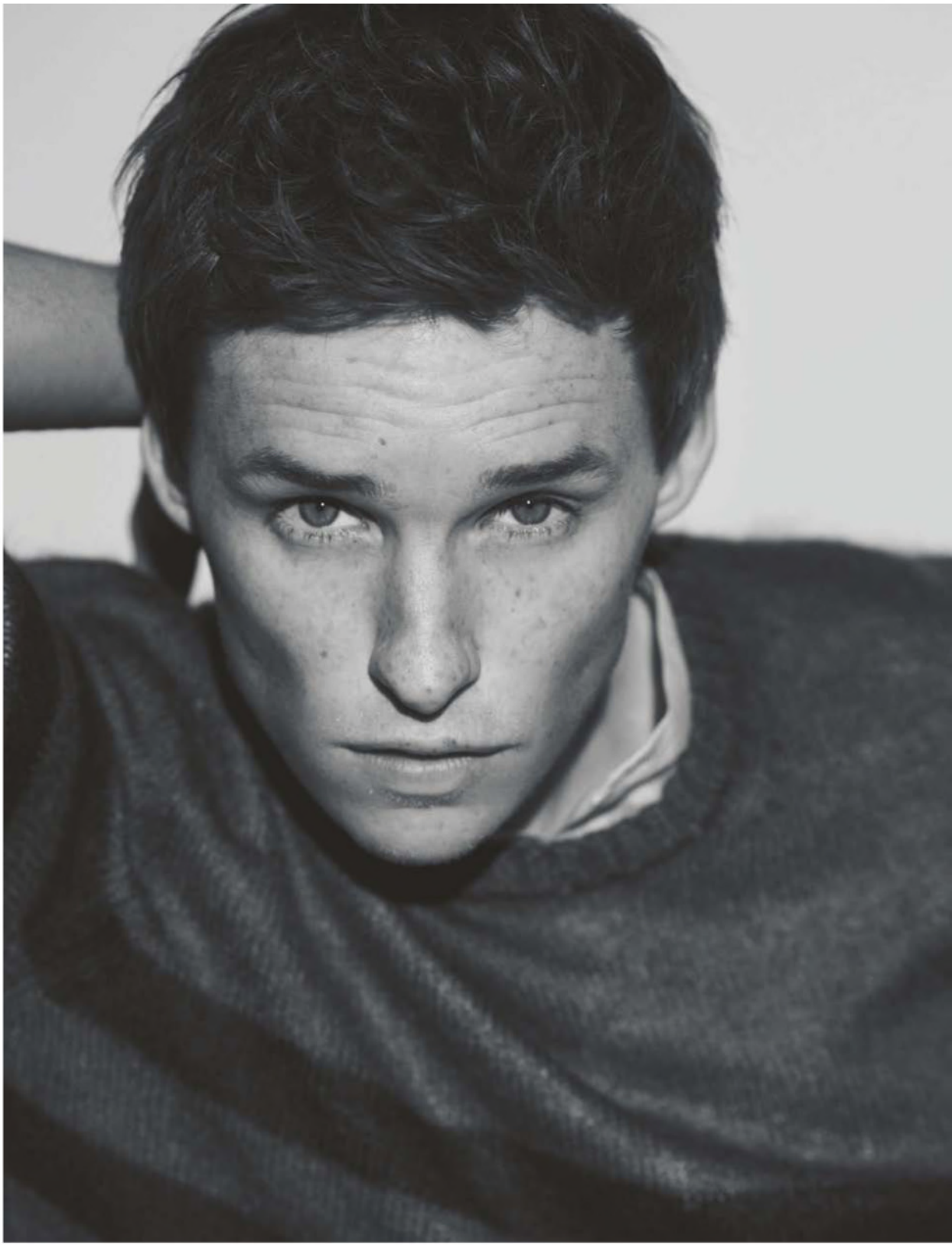


Clare is presenting the BBC Sports Personality Of The Year 2015, live on BBC One, 7pm, December 20

Opposite **England celebrate after beating Germany in the Women's World Cup third-place play-off in 2015; Oxford winning the women's boat race in 2015;** this page from top **England cricket captain Charlotte Edwards; heptathlete Jessica Ennis-Hill; Olympic rowers Helen Glover and Heather Stanning; England football captain Steph Houghton**

Photographs: Getty Images, Solo Syndication, Corbis

{ And don't forget: the results of GLAMOUR's very own SPOTY poll will be announced on GLAMOUR.com on December 19 }



READY, EDDIE, GO

If you thought he was good in *The Theory Of Everything*, wait 'til you see his powerhouse performance in *The Danish Girl*. Something tells us Mr Redmayne might just pull off another Oscar, says **Sylvia Patterson**

Eddie Redmayne is mortified. "Oh no, I'm blushing..." he cringes, head in hands, a salmon pinkness flushing upwards from the top of his crew-neck to envelop his whole face. We're talking about the length of his, ahem, manhood, as you do – something ascertainable in a pivotal scene in his beautiful new film, *The Danish Girl*, the true story of the first-known person to undergo gender-reassignment surgery. His character, Lili, still trapped in a man's body, undresses, stands in front of a full-length mirror, runs a hand from pubic hair downwards – and suddenly tucks the penis between her legs. I'm telling Eddie the truth: it seems to go on forever (not necessarily the scene).

"Oh God, I'm going beetroot, *literally!*" he flusters on. "Well, I spoke to many trans women and asked them, would you have done that? Ever? And they all said 'absolutely'. But I hope the scene is also about her finding herself."

His face, still boyish at 33, returns to pale normality. "I have this hideous thing where I can't hide when ▶

"On Oscars night, Benedict Cumberbatch and I were going, 'Can you *believe* we blagged it?'"

◀ I'm embarrassed," he confesses. Which only makes him even more adorable than we already know him to be.

Less than one year on from the Oscar win for his astounding performance as Professor Stephen Hawking in *The Theory Of Everything*, Eddie brings us another physically extreme, transformative role in the delicate, domestic love story of a married couple, Einar and Gerda Wegener. Two artists in 1920s Denmark, they must confront and accept the emerging truth: Einar is a woman. It's a performance Eddie delivers with a demure, convincing, elegant melancholy.



We're in a luxurious suite of the Edwardian Rosewood London hotel, Eddie with 10am bed-head hair, sipping water while describing the role of Lili as "a mammoth education". *The Danish Girl*, 15 years in the evolving, finally arrives as transgender role models are appearing in significant mainstream places: ex-athlete/reality-TV star Caitlyn Jenner on the cover of *Vanity Fair*, *Orange Is The New Black* actress Laverne Cox on the cover of *Time* magazine (heralding "America's next civil rights frontier"), British newcomer Rebecca Root in BBC2's sitcom *Boy Meets Girl* (and a cameo in *The Danish Girl*).

Eddie and I have met before, during *Les Misérables* promo in 2012, the pre-Oscar Eddie a relaxed, funny, self-deprecating, in-control character. Today, post-Oscar, he's significantly *less* relaxed, bumbling, nervous even, perhaps a self-consciousness which comes when there's so much more to lose. He's also aware of his "responsibility to the transgender community", having met many transgender women and heard their stories of violence, fear and prejudice. He's wary of controversy, too: after Jared Leto's Oscar win for a transgender role in *Dallas Buyers Club* (2014), trans activists criticised both Jared and Hollywood for undermining transgender actors.

"I absolutely understand the anger," nods Eddie. "It comes from years of cisgender [non-trans] success on the back of trans women. And their stories. And it facilitates the notion that a trans woman is a man in drag. A trans woman is born a woman, in her soul, but she's been assigned a different gender. But it will shift, as trans actors have more opportunity and can see there *is* opportunity."

"A trans woman is born a woman, in her soul"

Playing Lili, he also had a new insight into the physical "scrutiny and judgement" women endure every day. "I was aware of that," he says. "There was nothing more disconcerting than shooting a scene with Alicia [Vikander] and you hear, 'OK, we're

gonna come back to this [scene]' as they do a total lighting re-job because they've [looked at me on screen and gone], 'Oh God, no.'"

Winning an Oscar, he insists, hasn't changed him: "It just doesn't." That night, he and great pal Benedict Cumberbatch were Oscar rivals (Benedict for *The Imitation Game*) and Eddie swears there was no jovial sparring between them.

"It's not a rivalry, no," he laughs. "I just... *adore* him. And he couldn't have been more lovely, so kind. He's staggeringly talented. For both of us through that whole ride, we were just pinching ourselves, going, 'Can you *believe* we've blagged it?'"





From top **With wife Hannah at the Baftas in 2015; as Lili Elbe in *The Danish Girl*; playing Stephen Hawking in *The Theory Of Everything*, 2015**



Eddie Redmayne is now officially Hollywood A-list, the Chelsea-raised Eton boy enjoying even more success than his talent, genetics, social standing and opportunities would always naturally have given him. He describes himself as "lucky, insanely privileged", though his Hollywood reputation says he created his own luck, as Oscar-winning *The King's Speech/Les Misérables/The Danish Girl* director Tom Hooper notes, through "incredible levels of conscientiousness and hard work". He's been an award winner since the age of 22 (a theatre award for Outstanding Newcomer 2004), appeared alongside the contemporary greats, from Cate Blanchett to Hugh Jackman – and modelled for Burberry from 2008, with Cara Delevingne. It's his marriage, though, which makes him feel luckier than anything else, and his eyes twinkle when he talks about his wife, old student friend Hannah Bagshawe (now an antiques dealer).

"I love being married," he smiles. "I feel so settled in my skin. So lucky to have the most wonderful, supportive, beautiful wife."

The charming Eddie Redmayne, evidently, is a world-class romantic, too. Unusually for an actor, there's no trace of psychological chaos, a typical characteristic Jared Leto contemplated in 2014. "A rational person wouldn't do this job," claimed Jared. "It's too much of a bizarre, crazy, challenging business to put up with."

"I kind of agree," laughs Eddie. "I'm an ordered person, I need structure, and yet everything about what I do is the opposite. You have no control, you're subject to everyone else's chaos. I sometimes wonder if something is continuously forcing me out of my comfort zone."

Maybe it's obvious: with the safety net of privilege, maybe his life, without acting, would be *too* comfortable?

"Well, acting starts as this thing you love doing at school," he decides. "And you think, 'I'll never get a job doing this thing I love'. And when you do, gradually, ramifications come with it. Of judgement. When everyone has an opinion and you're constantly being placed somewhere to be punched down. That's when people start turning crazy."

We really don't think the extravagantly gifted, adorably blushing Eddie Redmayne (perhaps Oscar-nominated in 2016 once again) needs to worry. G

"I love being married. I feel settled in my skin"

The Danish Girl is in cinemas from January 1

Photographs: Greg Williams, Rex Features


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LISTEN UP

UPDATE YOUR LOOK WITH STATEMENT EARRINGS

Brass and enamelled porcelain earrings, leather top and **wool trousers with belt** all Céline

Styled by Lucy Walker. Photograph: Marc Hibbert. Hair: Takuyu Uchiyama. Make-up: Angela Davis Deacon. Model: Maria P at The Hive Management

NEW YEAR, NEW UNIFORM

TAKING INSPIRATION FROM THE RESORT SHOWS AND THE STREETS, HERE'S HOW TO FAST-TRACK YOUR LOOK INTO 2016





Modal knit jumper £19.99
zara.com



BLUSH

Surprisingly versatile, treat this soft shade like a neutral – wear with denim, other soft shades… anything goes.

Faux-leather shoes £610
stellamccartney.com





Leather shoes £185
russellandbromley.co.uk



THE LOW HEEL

Super-high heels are relegated to storage and we're fully embracing shoes we can actually walk in. Show them off with cropped flares.





ALL TIED UP

The look of perfect layering without the bulkiness? We're sold.

Cotton shirt dress £1,025
stellamccartney.com



Flannel bag £215
russellandbromley.co.uk



SHOULDER BAGS

Choose any colour or fabric, just make sure it's small and structured. A chain strap adds polish and will take you from day to night.

Leather bag £145
uterque.com

Cotton shirt
£70 aigle.com







THE OVERSIZED SHIRT

Forget fitted, XXL your shirts. Proportion is everything here, so steer clear of minis or skinnies on the bottom half to avoid the shirt drowning you. Our advice: pair with a mid-length skirt.





Denim flares
£225 mih-jeans.com



THE CROPPED FLARE

A flattering alternative to cropped skinny jeans. Wear with a cropped jacket and low heels.



Silk-charmeuse dress £455
Equipment at net-a-porter.com

Cashmere skirt £179
Woolrich



LONGER LENGTHS

Team with elegant flats and a boxy, neat jacket, as seen at the Louis Vuitton Resort show. ▶

COLOURED TAILORING

Subdued suiting gets a fun overhaul. Keep it fresh by wearing with flats (as seen at the Gucci Resort S/S16 show). Head-to-toe pink never looked so cool.







Crushed velvet trousers £125 Topshop Unique at topshop.com

Crushed velvet blazer £195 Topshop Unique at topshop.com



Two bags are better than one. Carry your summer market bag with your shoulder bag.



Fold down your dungarees and tie the straps to make a belt. The result? The perfect utilitarian trousers.



Turn your shirt around, leave a few buttons open and show some shoulder.

RE-USE AND RE-STYLE

Shake up wardrobe staples and wear them in a fresh way for the new year.



Silk satin pyjama set £330 Olivia Von Halle at net-a-porter.com



PYJAMA DRESSING

Smarten up by teaming with accessories that add polish, like a sleek clutch bag and block-heel shoes.

CLASSIC DENIM VS EXPERIMENTAL DENIM

The solid foundation for your day looks or your stand-out piece: which camp are you in?



Denim jeans £85 levi.com





Denim skirt £550 acnestudios.com





Silk top £550 brownsfashion.com



Silk taffeta top £85 Keepsake at asos.com

OFF THE SHOULDER

A subtly sexy way to show some skin. Balance out the volume by opting for sleek simplicity on the bottom half: try a pencil skirt or tailored trousers.

By Lucy Walker and Charlotte Lewis. Photographs by Jason Lloyd-Evans

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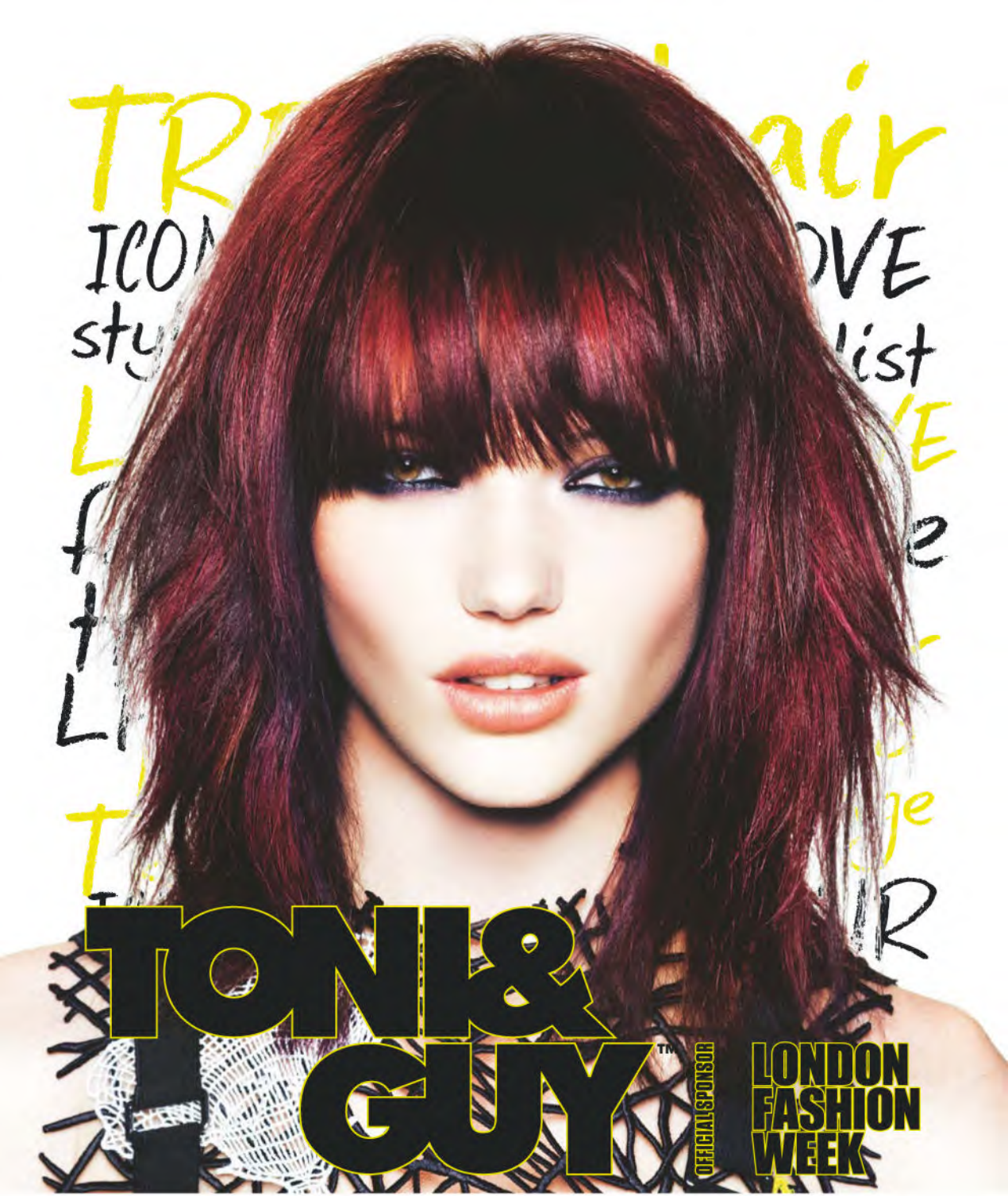
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The perfect 10

CLASSICS GET A FRESH MAKEOVER FOR THE NEW YEAR



THE HIGH-NECK BRETON
Cashmere £160
Topshop Unique
at topshop.com



THE RUFFLED WHITE SHIRT
Cotton £185
mariemarot.com



THE LINEN WRAP SKIRT
£128 Lemlem at theline.com



THE SCULPTURAL HOOPS
Gold-plated earrings £150
dinnyhall.com



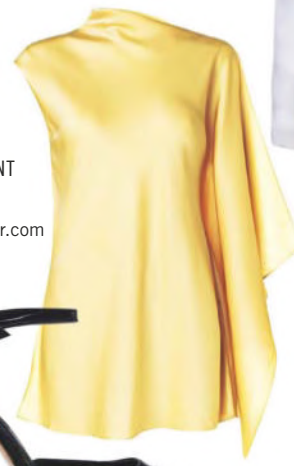
THE TRAINER WITH A TWIST
Leather £67
adidas.co.uk



THE COLOURED LEATHER TROUSER
£395
whistles.com



THE SILK TRENCH
Silk satin
£590 tibi.com



THE STATEMENT BLOUSE
Silk £259
bymalenebirger.com



THE LUXE SHOPPER
Suede £329
haywardluxury.com



THE SEXY MARY-JANE
Leather £115 uterque.com

By Charlotte Lewis

IN PRAISE OF SENSIBLE SMALLS

BECAUSE PLAIN PANTS ARE YOUR WARDROBE'S BEST FRIEND, SAYS SHOPPING EDITOR LUCY WALKER



Bamboo bra £35.43 and **briefs** £22 both Base Range at net-a-porter.com



Tactel bra £44 and **briefs** £22 both bodas.co.uk



Silk-jersey bra £49 and **shorts** £71 both Base Range at net-a-porter.com



Cotton bra £17 and **briefs** £9 both intimissimi.com





Polyamide bra £38 and **briefs** £25 both hanro.co.uk



Nylon bra £15 and **briefs** £11.50 both Wacoal at figleaves.com





Look in my underwear drawer and you'll find just nine pairs of identical plain, black cotton knickers and two similarly nondescript bras – and that's it. No variation, lace, frills, or touchable, tempting silkiness. Arguably, it's not the sexiest selection, but in my day filled with multiple choice at every turn, this part requires no thought.

I favour the Swiss brand Hanro for its cotton seamless maxi briefs. At £21.50 a pop, they're not cheap, but the cotton is kind to my skin, the cut is flattering and the lack of seams means they're only just seen beneath even the slinkiest of skirts.

It seems I'm not alone in my devotion to functional, comfortable undergarments. Online lingerie retailer figleaves.com recently reported that sales of sensible underwear have increased by a third. A little research among my most fashionable friends mirrored this shift: I asked a peacock of a fashion editor, regularly snapped by street-style photographers, what lies beneath? Big pants from an M&S five-pack (over 33 million of these were sold last year).

A new wave of lingerie designers is putting a spin on underwear that's both useful and aesthetically pleasing. Base Range and Skin both offer a limited selection of styles, mostly in organic cotton and all packaged up as a lifestyle choice – a bit like owning a loft apartment or eating organic.

The days of racy, lacy, traditionally sexy underwear could well be numbered. Perhaps stylish, quietly confident women need no bells or whistles, just good foundations underneath their clothes. Now, isn't that sexy?

Still lifes: Paul at 30bjectives



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Natalie Hartley wears ...
LEATHER

Clever tweaks bring this wardrobe staple up to date



Play with textures: mix neutral leather classics with prints and knits.

Pleather coat, **cotton trousers** and **cotton-mix jumper** (worn as scarf) all from a selection MM6 at maisonmargiela.com; **cowhide ankle boots** £300 pedrogarcia.com

A skirt suit gets a serious update when cast in leather. Opt for the same colour top and bottom, then clash with a bold coloured bag.

Leather jacket £940 and **leather miniskirt** £620 both Carven; **suede ankle boots** £555 j-w-anderson.com; **leather bag** £1,510 gucci.com

Yep, the LBD comes in leather, too. Look for funnel necks and cap sleeves for a modern twist.

Leather jacket £1,150 acnestudios.com; **leather dress** £375 Topshop Unique at topshop.com; **nappa leather and patent ankle boots** £295 lkbennett.com; **stainless steel watch** £170 nixon.com

Photographs: Johanna Nyholm

Follow Natalie on Instagram @nataliehartleywears

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1 Leather and metal £355 Toga at matchesfashion.com; **2 Leather** £115 ghbass-eu.com; **3 Leather** £55 schuh.co.uk; **4 Suede** £89.99 vagabond.com; **5 Patent leather** £18 boohoo.com; **6 Leather** £364 Gucci at mytheresa.com; **7 PU leather** £49.99 zara.com; **8 Suede and patent leather** £180 Kurt Geiger London at kurtgeiger.com; **9 Leather** £280 church-footwear.com; **10 Leather** £68 office.co.uk; **11 Leather** £452 Calvin Klein at mytheresa.com **12 Wool and leather** £175 russellandbromley.co.uk

Styled by Holly White. Photograph: 3 Objectives Photography

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CHECK MATE

Outsmart the weather (the stylish way) in this cosy, trend-led coat. Your move, winter! £85 yumi.co.uk

BE SMART

We love The White Company's luxe, pared-back aesthetic, and this look has "modern classic" all over it. Oh, and: "Total outfit envy." Jumper £98, shirt £79, trousers £79, boots model's own; thewhitecompany.com



GLAMOUR LOVES

Our guide to this month's must-haves



FEET FIRST

When two iconic brands collide, our wardrobes LOVE it. US textile legend Pendleton has created this print exclusively for Ugg. The result? These cool Ugg x Pendleton Blaney hi-tops – a little bit of art for your feet. £130 uggaustralia.co.uk



RED ALERT

There is always room in our beauty bag for a fabulous new lipstick, and Rimmel's new The Only 1 ticks all our boxes: gorgeous shades, long-lasting colour and a moisturising formula. Our hero shade? Red Revolution – the perfect plus-one for party season. £6.99, available at boots.com and superdrug.com

By **Claudia Mahoney**



Top £15 and **skirt** £15 both prettylittlething.com

SPARKLE TIME

Winter needs shiny things. Fact. And you can't get more fun and festive than these beautiful snowflake earrings from Pandora. £55 pandora.net





NEW YEAR...

...new lingerie, and we're eyeing up the latest collection by Calvin Klein. With lace details and soft textures, you'll feel super sexy – no matter how many woolly jumpers you're wearing on top. Bra £35 and hipsters £29 figleaves.com





BURN, BABY, BURN

Treat yourself to the ultimate indulgence with a limited-edition scented candle by Clinique. Whether you choose Aromatics in Black or Aromatics in White, you'll love the chic packaging and luxurious fragrance. This Black version combines plum leaf accord, neroli blend and myrrh for a sexy signature scent. £38 clinique.co.uk



THE NEW 'IT' DRESS

Pinafore dresses are so cool this season, and we love the nonchalance of teaming this one with socks, sandals and a polo-neck. That's work, weekend, whenever... done! Dress £59 and roll-neck £16 very.co.uk ▶

SPRITZ THIS

Smell divine with Floriental, the new unisex fragrance from Comme des Garçons. With a spicy, woody scent, it's the ultimate winter warmer. £80 for 100ml EDT.



THE SHOE EDIT

Start the new year as you mean to go on – with great footwear. By **Jo Holley**



BURGUNDY

The rich new colour for winter.
£115 dunelondon.com

LOAFERS

Make yours metallic for a twist on the classic style.
£70 clarks.co.uk





BUCKLES

Make an entrance with this statement detail.
£110 aldoshoes.com

THE CHELSEA BOOT

Classic, chic and always on trend.
£155 uggaustralia.co.uk





SNAKE-PRINT

The texture that gives footwear an edge.
£55 office.co.uk

COCKTAIL COURTS

Elegant, femme-fatale evening shoes. £495
biondacastana.com



THE WHITE SNEAKER

Wearable, stylish and perfect to kick around in.
£90 Lacoste at very.co.uk



THE BIKER

These edgy, off-duty boots are a wardrobe staple.
£140 timberland online.co.uk



THE BLOCK HEEL

Leopard print adds a wild side to this shoe. £215
russellandbromley.co.uk



{ Follow Executive Fashion & Beauty Director Claudia Mahoney and Retail Editor Jo Holley on Twitter: @ClaudiaMahoney1 @JoHolley83 }

GET HAPPY **WINTER SKIN**



WE'VE GOT A BEAUTY SECRET FOR YOU – SMOOTH SKIN *IS* POSSIBLE, EVEN WHEN IT'S COLD. EMMA WILLIS AND VENUS TELL US HOW

We want to look and feel our best whatever the season, but why doesn't our skin always get the memo? "Cold weather and central heating leave my skin feeling dull, dry and irritated," says Emma Willis, Gillette Venus brand ambassador. "Making my skincare routine work harder is my winter beauty priority." She shares her tips for comfortable, happy skin…

1 PLAY IT COOL

OK, we're not saying have an ice bath, but if you take your shower temperature down a little bit, you'll be giving your skin a boost. "A lukewarm shower can cool irritation and improve circulation," says Emma. "When water is too hot, it can dry out the skin."



2 PREP LIKE A PRO

"For a winter glow, I love a moisturiser that's packed with vitamin C," says Emma. And for a helping hand when shaving, try the Venus Embrace Sensitive – with five blades for closeness and a protective moisture strip with aloe, your skin will feel smooth and soft.

3 NOURISH YOUR BODY

Feel great inside and out with healthy, wholesome ingredients. "I eat lots of skin-friendly foods. Any excuse for more avocado!" says Emma. And for comfort food with a twist, try sweet potato mash – it's full of antioxidants beta-carotene and vitamin C.

TOP TIP
"Shave after five minutes in the bath to hydrate hairs first," *Emma Willis*

4 SOOTHE SENSITIVE SKIN

It's tempting to put on thick tights and say 'bye bye' to silky skin until summer, but Venus Embrace Sensitive – designed for less feel of irritation, even on sensitive skin* – helps you feel good even when it's cold. Dermatologically tested for comfort and closeness, 91% of dermatologists who tried it would recommend it**. "I was wary about shaving in winter, but this really makes a difference," says Emma.

5 DON'T FORGET YOUR SPF

With chilly dark days, it's tempting to wrap a scarf around our face and forget about sun protection, but "even when it's cloudy, I wear a moisturiser with an SPF," says Emma. Aim for factor 15 or higher to help dodge UV rays and ward off wrinkles.

WIN A WINTER WARDROBE!

Venus is giving one lucky person the chance to win a whole new winter wardrobe, so you can feel gorgeous *whatever* the weather. Simply visit **venuswinterwardrobe.co.uk** to enter***. And as an extra bonus, you'll find a range of Venus products half-price in Superdrug now†.
So, quick, what are you waiting for?



*vs Simply Venus. **Survey conducted by Venus in the UK, September 2013 with 47 dermatologists. ***T&Cs apply. Open to UK residents aged 18+. Prize draw closes at 23:59 on 31/12/2015. The first prize winner will receive a £1000 Love To Shop voucher and 5 runners up will each receive a £100 Love To Shop voucher. No purchase necessary. †Ends December 31, 2015. Subject to availability. Selected product and stores only.





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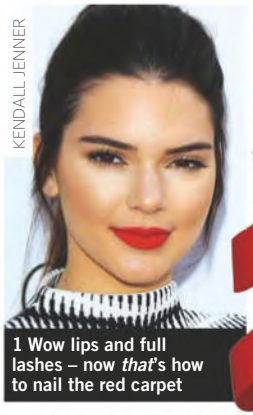
HOLD ONTO YOUR MAKE-UP BAGS – BOLD POUTS ARE BACK

1 **BRIGHT: Rouge Pur Couture in Le Fuchsia** £26 yslbeauty.co.uk; 2 **SEXY: Super Lustrous Lipstick in Fire & Ice** £7.99 Revlon; 3 **VAMPY: Rouge Allure Luminous Satin Lip Colour in Rouge Noir** £26 Chanel; 4 **CLASSIC: Steven Klein Killer Shine Lipstick in Redemption** £20 narscosmetics.co.uk

Still life: Benoît Audureau

The month in red-carpet glamour

CHANNEL A-LIST STYLE WITH THESE EASY BEAUTY DOS. BY DOMINIQUE TEMPLE


KENDALL JENNER

1 Wow lips and full lashes – now *that*'s how to nail the red carpet


2 The Only 1 Lipstick in Revolution Red £6.99 Rimmel


AMBER HEARD

3 Keep it classic, like Amber, with the perfect nude lip


RIHANNA

4 Pull hair into a deep parting and pair with a bold pout


JULIANNE HOUGH

5 Add a finishing touch by working pretty velvet ribbons into your hair


HAILEY BALDWIN

6 Hailey channels cool-girl chic with a lived-in smoky eye


BELLA THORNE

7 Perfect colour matching – how cute is Bella's braid?


JOAN SMALLS

8 Swap gloss for a stain to get statement lips like these


9 Kiss & Love Multi Usage Palette £59 yslbeauty.co.uk


CARA DELEVINGNE

10 Get supermodel style and match your dress to your liner


FKA TWIGS

11 Keep brows brushed up for a polished finish

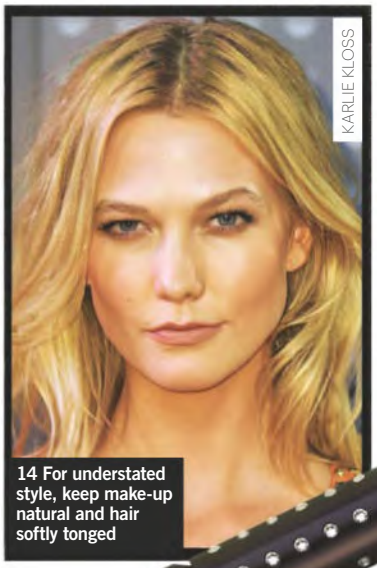

EMMA ROBERTS

12 Channel Veronica Lake and pull waves over one shoulder


IZABEL GOULART

13 Straight hair is back and we couldn't be happier! We love Iza's slick, glossy lengths

Still lifes: Benoit Audureau. Photographs: Rex Features


KARLIE KLOSS

14 For understated style, keep make-up natural and hair softly tonged


TAYLOR SCHILLING

15 Make your eyes pop with a hint of glitter on your lower lashline


RITA ORA

16 Turn daytime black liner into the ultra-smoky eye, with a grey shadow


EMMA STONE

17 A rose-hued blush is super flattering on pale skin


KRISTEN STEWART

19 Wing it like Kristen, with a super black liner


KATIE HOLMES

20 Fake long hair and add extensions, like Katie


KERRY WASHINGTON

21 Use a barrel tong to make pretty waves


CAMILLA BELLE

22 Go bold and add false lashes for a super-glamorous style

they're Real!

18 They're Real! Swarovski Limited Edition Mascara £21.50 benefitcosmetics.co.uk


BEHATI PRINSLOO

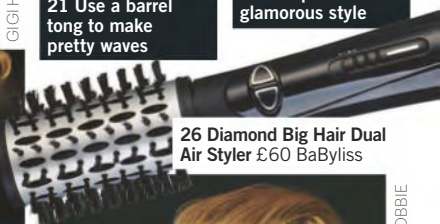
23 Keep it rock'n'roll with simple hair and no-fuss make-up


SIENNA MILLER

24 A sexy red lip + barely there make-up = effortless chic


GIGI HADID

25 Love an up-do? The messy chignon is the new way to wear your bun


26 Diamond Big Hair Dual Air Styler £60 BaByliss


BELLA HADID

27 Pull it up and twist into a perfect top knot for an understated style

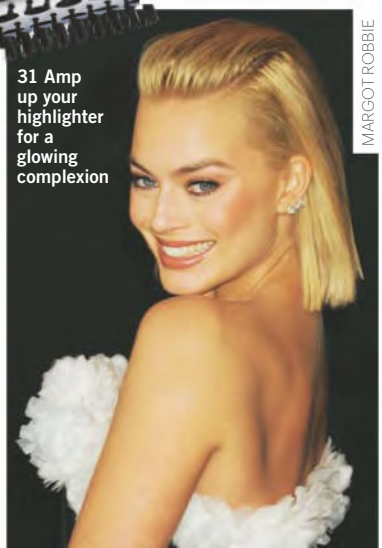

28 Flat Contour Brush 301 £22 Real Techniques


GINA RODRIGUEZ

29 Let your dress do the talking and pull your hair into a classic ponytail


HEIDI KLUM

30 Tie lengths back into a neat chignon at the nape of your neck


MARGOT ROBBIE

31 Amp up your highlighter for a glowing complexion

DHC

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DHC

Tokyo

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GIVE GOOD FACE

BOOST YOUR COMPLEXION WITH A SHEET MASK – IT'S THE A-LIST'S NEW SKIN (AND INSTAGRAM) OBSESSION

One Korean beauty gem we've fallen for in a big way, wearing a sheet mask has become an Instagram favourite (we're looking at you, Rita Ora!). But this is not a passing fad. We. Are. Obsessed. Why? "Sheet masks offer an intensive treatment when your skin is really crying out for some extra care," says A-list facialist Sarah Chapman, "whether it's for dryness, dehydration, uneven texture, signs of ageing or just to firm and brighten your complexion on the day of a big event. By covering the face as a 'second skin', they push serum into the skin, helping it absorb faster and more efficiently, while preventing bacteria and dirt being transferred to your skin."





By Grace Timothy. Photographs: Kenneth Willardt, Instagram. Still lifes: Benoît Audureau

SMOOTH & NOURISH
Masque Hydra-Fill £61 (for five masks) Meder Beauty

CLARIFY & CLEAN
Purifying Bio Enzymes Mask £9 Talika

BLAST DARK SPOTS
Green Tea Sheet Mask £9.99 (for three masks) Masque Bar

FIRM & TIGHTEN
The Contourist £50 (for six masks) templespa.com

HYDRATE
Red Carpet Ready Hydrating Bio-Cellulose Second Skin Face Mask £8.50 Starskin

PLUMP IT UP
Returning Starfish Bio Mask £7.50 Mizon

BRIGHTEN & GLOW
Snow Magic Sheet Mask £7 WHEN

TEAM BEST
Alessandra Steinherr, GLAMOUR Beauty Director, says: "I love **3D Moisture Infusion Mask** [£39 for four masks Sarah Chapman Skinesis] – it's my skin saver! I use it to keep my skin hydrated when I fly, and as a booster after a stressful week." ▶



PIGMENTATION "Oils such as camellia will reduce the appearance of pigmentation and reinforce skin barrier function," says skin expert Dr Marko Lens. **Absolute Face Oil** £65 zelens.com



TEAM BEST (for stressed skin) Grace Timothy, Contributing Beauty Editor, says: "Not only does this soothe any irritation and plump up my skin, it also preps it for make-up. And smells divine, by the way." **Calm Your Skin Facial Oil** £65 votary.co.uk



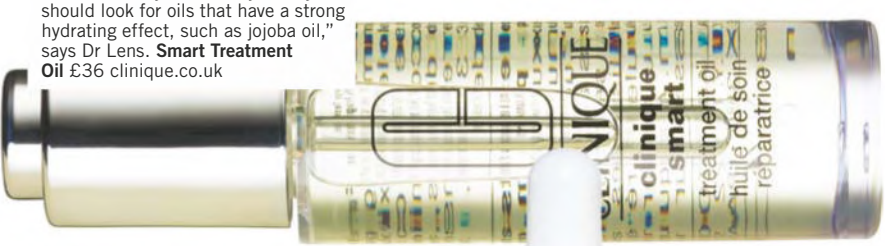
WHO NEEDS A FACE OIL ANYWAY?

TURNS OUT *EVERYONE*. THESE POWERHOUSE BLENDS PROMISE TO WORK WONDERS FOR EVERY SKIN TYPE – HERE'S WHY



DEHYDRATED "Face oils won't just add hydration, they'll also protect the skin from further moisture loss," says biochemist Nausheen Qureshi. **Extraordinary Facial Oil** £19.99 L'Oréal Paris.

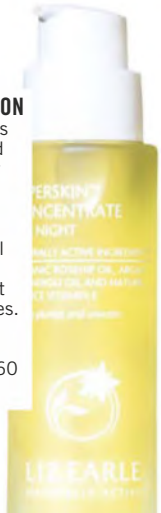
DRYNESS "If you have dry skin, you should look for oils that have a strong hydrating effect, such as jojoba oil," says Dr Lens. **Smart Treatment Oil** £36 clinique.co.uk



DULLNESS "Oils are a great source of omega to help repair skin, boosting the skin's glow," says Dr Lens. **Complete Replenishing Oil** £60 elethea.com



COMBINATION "Oils such as rosehip seed are great for balancing combination skin and boosting cell turnover," says facialist Abigail James. **Superskin Concentrate For Night** £60 Liz Earle.



OILY "It's a misconception that oils will make oily skin oilier," says make-up artist Arabella Preston. "Oils penetrate and absorb in a way that creams don't. Use a natural oil – such as hazelnut, as it's more easily absorbed – to avoid clogged pores." **Lotus Face Treatment Oil** £33 clarins.co.uk



HOW TO USE IT

❶ "You don't need much – a pea-sized amount is enough, but for best results, apply a little more and massage in firm circular motions with your fingertips," says Abigail. "Do it while you're in the bath and the steam will help the oil to absorb."

❷ "Apply it after cleansing and toning, but before your cream," says Arabella.

❸ "You can add it to your cleanser if you want a more hydrating cleanse, to your masks for extra radiance and your moisturisers for added nourishment," suggests Abigail. ▶

By Dominique Temple. Still lifes: Benoît Audureau



Waves



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SMOOTH MOVES

ADD AN EXFOLIATOR FOR RADIANT SKIN. HERE'S HOW TO PICK YOUR POLISH



TOP TIP
"A patch test on the back of the ear or inside of the arm is always a good idea with any chemical exfoliator." *Dr Howard Murad*

WHY DO I NEED TO EXFOLIATE?

"As we age, the body is slower to shed skin cells and generate new ones," says dermatologist Dr Howard Murad. "When old skin cells start to pile up, we experience roughness, dullness and clogged pores. A good exfoliator will revitalise skin by polishing them away." And there's an added bonus, says facialist Una Brennan: "Skin fresh from exfoliating is more receptive to creams and treatments."

WHEN?

Cleanse and then exfoliate before your serum and moisturiser.

HOW OFTEN?

Exfoliate your skin at least once a week," advises Dr Murad. "If you don't have sensitive skin, you can up it to two to three times per week."

WHICH ONE?

"There are three different types of exfoliators," says Dr Murad, "Physical (or manual), chemical and enzymes."



1. CHEMICAL EXFOLIATORS

Alpha hydroxy acids, salicylic acid and glycolic acid break the bonds that hold dead cells and debris to the skin. **BEST FOR** Dry skin and regular breakouts. **Formula 2006** £38 for 50ml Dr Frances Prenna Jones; **Instant Facial** £37 Alpha-H.



2. ENZYMES

Dissolve the dead skin cells without any scrubbing. **BEST FOR** Sensitive skin. **Transforming Powder** £25 murad.co.uk; **Facial Powdered Exfoliator** £18.99 Indeed Labs.

By Grace Timothy. Photograph: Jason Lloyd-Evans. Still lifes: Benoît Audureau



3. PHYSICAL EXFOLIATORS

Buff away dead skin with a fine grit or beads. **BEST FOR** Oily skin. **Superfacialist Rose Brighten & Refine Facial Scrub** £8.99 Una Brennan; **Tri-Active Exfoliant** £68 iS Clinical.



TEAM BEST

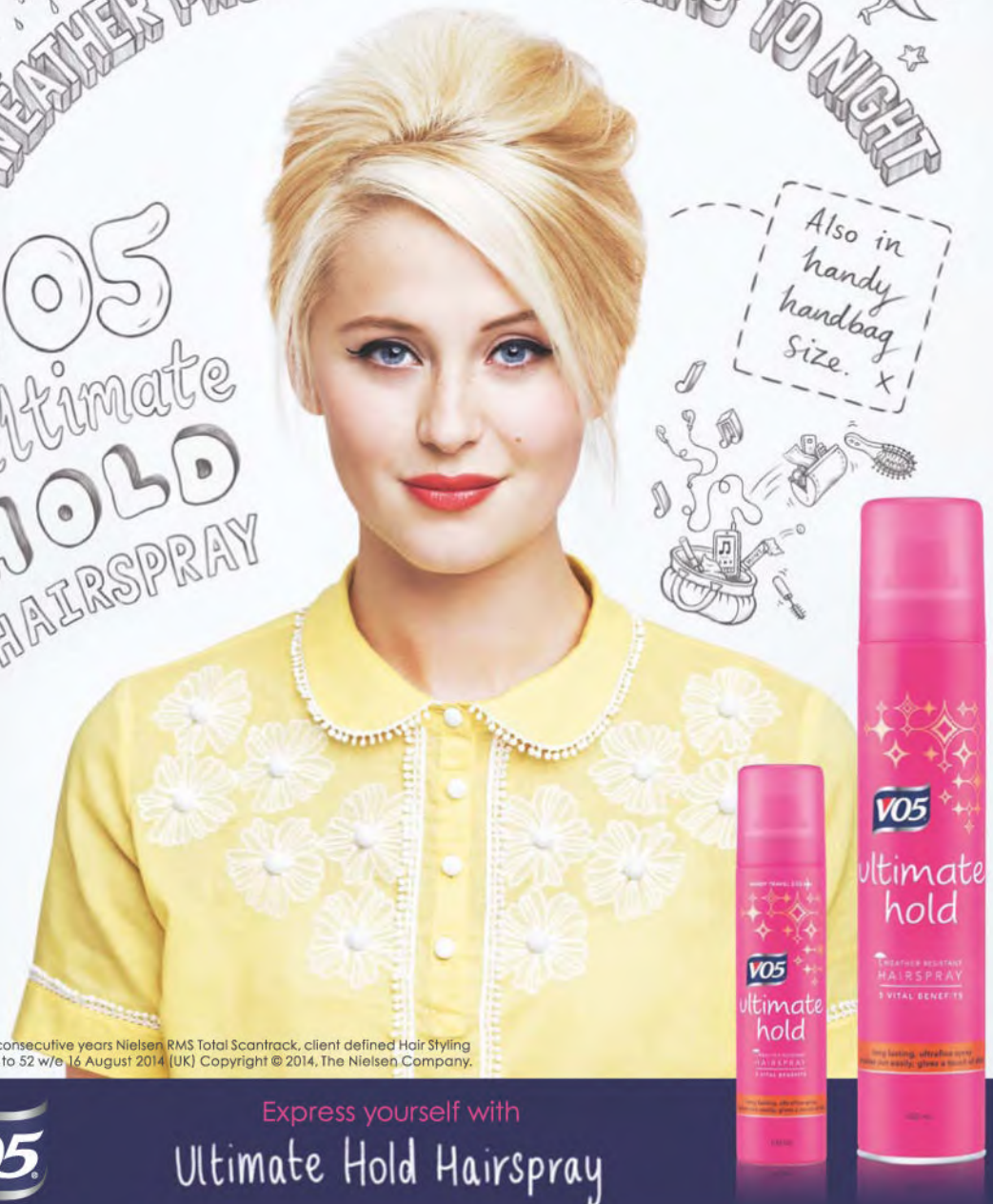
Dominique Temple, Senior Beauty Assistant, says: "My favourite exfoliator is **GinZing Refreshing Scrub Cleanser** [£18.50 origins.co.uk] – my skin can be oily and I suffer the odd breakout, so I love how fresh, smooth and clean this makes my skin feel. I use it in the shower three times a week – the steam helps it work into my pores."

Unilever

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‡Based on 3 consecutive years Nielsen RMS Total Scantrack, client defined Hair Styling Value Sales to 52 w/e 16 August 2014 (UK) Copyright © 2014, The Nielsen Company.

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AUSSIE

There's more to life than hair but it's a good place to start

THE 2016 HAIR COLOUR GUIDE

ALL THE TRENDS, TECHNIQUES AND CARE TIPS TO KNOW NOW





THE COUTURE LOOK *Nude Blonde*

"2016 will be about well-balanced colour blends," says trend setter Josh Wood, who created nude blonde for the couture shows. "It's the subtle mix of several tones for one harmonious colour that almost blends into skin."

WHAT TO ASK FOR Wella Blondor 6% plus Illumina Color 10/, 10/36 and 9/03 in sections.
WHAT TO USE AT HOME Blonde Idol Mask £22 Redken

THE NEW BRONDE *Rose-Gold Copper*

"Colour is more on the low-down for 2016," says Hershesons' creative colour director, Sibi Bolan. "Rather than bronde or ombre, there's a far more subtle way to colour, with a new romantic feel. Rose-gold copper is brunette with a warmer tone – it won't clash with the elaborate fashion statements of S/S16."

WHAT TO ASK FOR L'Oréal Dialight Semi-Permanent – colours will be mixed depending on your natural shade.
WHAT TO USE AT HOME Smooth Perfection Shampoo £15.35 Pureology





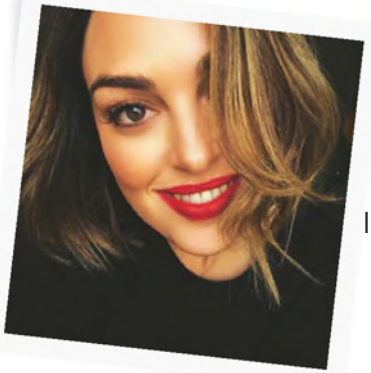


THE CELEB TREND *Sombre*

"This is *it* in Hollywood right now," says LA colourist to the stars, Anja Burton – currently in residence at Neville Hair & Beauty. "It's softer than ombre, a more subtle graduation from roots to ends. It's about working with your natural hair colour and texture – lightening it to its best shade, harking back to the colour you had as child, with perfect, natural-looking highlights."

WHAT TO ASK FOR L'Oréal highlights and Redken toner.
WHAT TO USE AT HOME Colour Care Conditioner £25 caroljoylondon.com

By Grace Timothy. Photographs: Jason Lloyd-Evans, Rex Features. Still lifes: Benoît Audureau



#ASKAlex

Insider advice from our Beauty Director, **Alessandra Steinherr**. This month: seasonal skincare, perfume swaps, the colour I'm obsessed with and my current beauty inspiration

SKINCARE UPDATE

Yes, winter skin is a thing and I am making some small tweaks to my regimen to keep cold-weather issues at bay.

- I am lazy with my bodycare and even worse in winter when it's all hidden. **Skin Smoothing Body Lotion** £27.50 Ameliorate does two jobs in one – it exfoliates, then deeply re-hydrates the fresh baby skin underneath.
- **Z-Detox Clarifying Foaming Cleanser** £48 zelens.com is soap- and oil-free, which is great for all skin types. This exfoliating formula leaves my face clean, without that tight squeaky feel.
- I love the entire range by Bakel – it's made such a difference to my skin. What I love most about its new anti-ageing eye wonder **Nutrieyes**, £90, is that you can use it over your eyelids too, unlike most eye creams.
- For a speedy pamper, I like **Face Place Power Hour** £115 rosewoodhotels.com, combining one of my fave high-tech facials with a manicure.



MY BEAUTY INSPIRATION...

Victoria Ceridono @vicceridono



Victoria is a Brazilian beauty editor, who also has the coolest blog. It's in Portuguese, which I don't speak, but her tutorials transcend language barriers. I love her chic, eclectic style, so I quizzed her on her own make-up loves.

SIGNATURE LOOK "Liquid eyeliner or red lipstick – or both. These are the easiest things to do that have the most impact. For a special occasion I'll add lots of highlighter, brown shadow in the crease, shimmery shadow and perhaps fake lashes."

GO-TO PRODUCTS Ruby Woo Lipstick (1) £15.50 maccosmetics.co.uk, **Eye Do Liquid Liner** (2) £15 eyeko.com, **Orgasm Blush** (3) £23 narscosmetics.co.uk, **Roller Lash Mascara** (4) £19.50 benefitcosmetics.co.uk, **Colour Chameleon Colour Morphing Eyeshadow Pencil in Amber Haze** (5) £19 charlottetilbury.com.

INSPIRATION "I love the 'French girl' approach to beauty: less is more, but with little details making all the difference. I always love to see what make-up Emma Stone, Keira Knightley, Diane Kruger and Cate Blanchett are wearing."



PERFUME SWITCH-UP

I don't have one signature fragrance, but I swap my perfumes seasonally – in summer I love beachy scents. When it gets colder, I like to feel enveloped and warm, so I tend to reach for richer, sexier scents. These are my faves:

1. **Fez Oil Perfume** £67 Kahina Giving Beauty
2. **Les Exclusifs Coromandel** £110 for 75ml EDP Chanel
3. **The Perfumer's Story in Amber Molecule** £95 for 30ml EDP Azzi Glasser





THE SHADE I'M LOVING

Hot cocoa. Less stark than black or purple, I wear it on nails and lips. **Nail Polish in Diabolique** £13 RMS Beauty and **Lasting Finish By Kate in 48** £5.49 Rimmel London.

Still lifes: Benoît Audureau

Follow Alex on Instagram: @alexsteinherr



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25% off at St.Tropez

It's time to get your party glow on, people

Want a golden, healthy glow to see you through the Christmas party season? Well, St.Tropez can help with that: whether you're a lover of Self Tan Express Mousse, a last-minute Instant Tan fan or a Self Tan Luxe Oil kind of girl, St.Tropez has you covered. And this month it's offering GLAMOUR readers an exclusive 25% discount on all its self-tanning products, including…

St.Tropez Self Tan Luxe Dry Oil
This luxurious body oil promises a polished look and a shimmer that'll give your legs a 'no filter necessary' finish – *and* it moisturises your skin for up to seven days.

St.Tropez Self Tan Luxe Facial Oil
This super-lightweight, non-greasy formula is suitable for even sensitive skin. Apply before a special event to give your face a radiant lustre, while its rich moisturising properties help make-up glide on evenly for a flawless finish.

St.Tropez Instant Tan Lotion
This water- and transfer-resistant formula lasts for up to 24 hours, ideal for last-minute tanning or adding extra glow to a tan before a big night out.



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Simply visit sttropeztan.co.uk, choose your purchases and enter GLAMOUR25 at the checkout.

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monitor

2016 The year of KICK-ASS women

ALL THE CULTURAL MOMENTS YOU WON'T WANT TO MISS



THE ACTION WOMEN

The Dark Knight meets the Man Of Steel in March's *Batman vs Superman*, with Gal Gadot making her debut appearance as Wonder Woman. Sophie Turner dons the lab coat in May as Dr Jean Grey in *X-Men: Apocalypse*, co-starring the usual suspects as well as Oscar Isaac as 'the most powerful mutant of all time'. Kitesurfer-turned-actress Maika Monroe stars opposite Liam Hemsworth in the rebooted *Independence Day* franchise, expected to land in June. The grown-up Jane in July's re-imagining of *Tarzan* gives Margot Robbie her first post-*Wolf Of Wall Street* lead role, but she's set to properly break out as baseball-bat-wielding Harley Quinn (left) in August's *Suicide Squad*, alongside Cara Delevingne's Enchantress. And following on from Daisy Ridley's starring role in *Star Wars: The Force Awakens*, Felicity Jones takes the lead as a resistance fighter in *Rogue One: A Star Wars Story*. ▶

THE NEW NAMES IN MUSIC



MABEL

The 19-year-old daughter of Neneh Cherry and Massive Attack producer Cameron McVey (how's that for musical heritage?), dabbles in pop, trip-hop and soul. Start dropping her name now, before the inevitable chart domination.



BEAU

The super-cool New York two-piece – aka Heather Boo and Emma Rose – have a chilled-out, dreamy vibe that's drawn comparisons to Lana Del Rey. Listen out for their next record, *That Thing Reality*, in March.



ANNE-MARIE

She's Rudimental's live vocalist, and a three-time karate world champion – now she's striking out with a solo music career, with an album due next summer. The R'n'B artist – who has one hell of a voice – could give Jess Glynne a run for her money.



BIOPICS OF NOTABLE WOMEN

The year kicks off with *Joy* (left), starring Jennifer Lawrence as the inventor of the Miracle Mop, Joy Mangano. *Freeheld* follows in February, telling the story of police lieutenant Laurel Hester (Julianne Moore) and her battle to transfer her pension to her same-sex partner, Stacie (Ellen Page), when she's diagnosed with cancer. Later in the year is *Truth*, with Cate Blanchett taking the lead as Mary Mapes, a news producer who investigated George W Bush's military career. Nicole Kidman steps into costume designer Aline Bernstein's shoes for *Genius*, the story of literary editor Max Perkins. Lastly, Sophie Turner is a young Mary Shelley, as she pens her first work in *Mary Shelley's Monster*.

PILOT SEASON

Amazon Prime's pilot season (where the most popular shows are picked up for a full series) has launched award-winning shows such as *Transparent*, and this year's crop has serious potential. The top picks are *Good Girls Revolt* (right), set in a 1960s newsroom, where female researchers (including Nora Ephron, played by Grace Gummer) fight for equal rights, and *Z*, the story of the original 1920s flapper Zelda Sayre (Christina Ricci) as she travels from southern belle to wife of F. Scott Fitzgerald.





BRIE LARSON IN *ROOM*

She gives a towering performance as a young woman imprisoned with her son in a shed, in the adaptation of Emma Donoghue's bestseller. Sensitive, emotional and compelling, it has already catapulted her to the front of the Oscar race. Out January 15.

ALSO Nina Stibbe's comedic book ***Love, Nina*** becomes a BBC drama. Helena Bonham Carter stars. ● Jessie Burton follows up bestseller *The Miniaturist* with July's ***The***



2016 The year of KICK-ASS women

JANE AUSTEN WITH A TWIST

It's a truth universally acknowledged that Jane Austen is a winner when it comes to source material, and *Pride And Prejudice* gets three new retellings in 2016. March sees the release of *Pride And Prejudice And Zombies* (above), starring Lily James, Bella Heathcote, Suki Waterhouse and Ellie Bamber as the Bennet sisters, who swap pianoforte playing for undead-bashing. The big screen adaptation of Jo Baker's *Longbourn* is also in the pipeline, and tells the story of the servants in the Bennet house. In April, Curtis Sittenfeld releases *Eligible*, a novel reimagining Liz as a NY-dwelling magazine editor who returns home with her sister Jane (a yoga instructor) to look after their ailing father.



POTTER ON STAGE

A *Harry Potter* sequel? On stage? Yes, that is the sound of a stampede for tickets. *Harry Potter And The Cursed Child* – based on an original story by JK Rowling (left), Jack Thorne and John Tiffany – is set 19 years after the final novel and centres on Harry's youngest son, Albus, as he struggles with the weight of his family legacy. *harrypottertheplay.com*

STRANGER THINGS

Winona Ryder (right) stars in this Netflix supernatural drama as a mum whose son vanishes in mysterious circumstances, and who uncovers top secret experiments while searching for him.



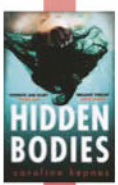
HBO BRINGS THE HA-HAS

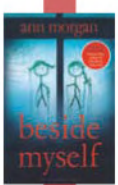
Buzz is already building for Lena Dunham's HBO-ordered pilot, *Max*, a comedy set in the 1960s magazine world, while Sarah Silverman is set to star and exec produce a series about a woman having a mid-life crisis.



THIS IS THRILLER

Not a day goes by without a new book being likened to *Gone Girl* or the Lisbeth Salander novels. Happily, the best of 2016's thrillers have more to offer than homage to previous bestsellers. March's *Maestra* by LS Hilton is part one of a trilogy about Judith, a manipulative anti-heroine who works in an auction house by day and a hostess bar by night. It's smart, pacy and very rude (the first C-bomb drops on page 2), and the film rights have already been snapped up. *Hidden Bodies* (January) by Caroline Kepnes is the follow-up to 2014's addictive stalker story *You* and sees serial killer Joe now in LA and hunting the girl who got away (literally). Also in January is Ann Morgan's *Beside Myself*, a psych thriller about twins who swap identities for a joke, but one of them refuses to swap back – ever.





Muse, set in '30s Spain and '60s London. ● A stage version of **The Hunger Games** hits London, featuring a 360° rotating stage in a 1,300-seat stadium. ▶

THE YEAR'S MUST-READS



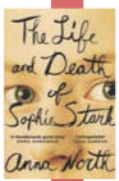
THE ACTUAL ONE

Bookmark January 28 for the release of *The Actual One*, the memoir by comedian and actor Isy Suttie (AKA *Peep Show*'s Dobby). It's the story of hitting her twenties and not wanting to grow up, via smear tests and constructing papier-mâché penguins, delivered with delightful, rambling deadpan humour.



THE PORTABLE VEBLEN

Quirky and smart, Elizabeth McKenzie's novel explores the life of lab temp Veblen – who also thinks she's being followed by California's squirrels. If you loved Karen Joy Fowler's *We Are All Completely Beside Ourselves*, you'll love this too. (January)



NEW FACES

Two exciting lit debuts come out this year – first, in February, the Lena Dunham-endorsed *The Life And Death Of Sophie Stark* by Anna North, about a New York filmmaker and told from the perspective of the six people who knew her best. Then, in April, *Not Working* by UK author Lisa Owens hits the shelves. A comedic coming-of-age tale about a twentysomething who quits her job to find herself, it promises to be full of crackling, voice-of-a-generation observations.





BRIDGET JONES'S BABY

Hurrah! Bridget (Renée Zellweger, left) is back, and this time she's pregnant. Based on Helen Fielding's continued columns in *The Independent* (rather than 2014's *Mad About The Boy*), it lands September, with Patrick Dempsey set to co-star. V good.

SHONDALAND STRIKES AGAIN

Emmy-nominated Mireille Enos appears in Shonda 'Grey's Anatomy' Rhimes' new show *The Catch* as a complicated fraud investigator who gets conned by her own fiancé. Starting in the US in 2016; it's fair to assume the UK won't be far behind.

ME BEFORE YOU

JoJo Moyes' moving book sold five million copies and it's hankies at the ready as it hits the big screen in June. Thea Sharrock directs *GoT*'s Emilia Clarke as a woman who bonds with a man paralysed by a motorbike accident (Sam Claflin).



THE FEMALE-CENTRIC COMEDIES

Probably the most-hyped comedy of the year is July's *Ghostbusters* (above), starring the dream team of Melissa McCarthy, and SNL alumnae Kristen Wiig, Kate McKinnon and Leslie Jones. Melissa also takes the lead in June's *The Boss*, as an industry mogul sent to prison for insider dealing. Last year's bro comedy *Bad Neighbours* is back for a sequel in May (called, you've guessed it, *Bad Neighbours 2*), but this time Zac Efron and Seth Rogen team up against a sorority. Enter Selena Gomez and Chloë Grace Moretz. Tina Fey vehicle *Fun House* is a black comedy based on Kim Barker's memoir *The Taliban Shuffle*, which charts her time as a war correspondent. Also based on a bestseller is *How To Be Single* (by Liz Tuccillo), featuring a top cast of Leslie Mann, Rebel Wilson and Alison Brie. Lady LOLs all round.

● ***Divorce*** is the new show from *Catastrophe*'s Sharon Horgan, starring Sarah Jessica Parker. We seriously can't wait. ● Pixie Lott makes her West End debut in



WOMEN RULE

The Crown, about the life of Elizabeth II, is the most expensive original drama ever from Netflix and its first to be filmed in the UK. Spanning 60 episodes, it charts the Queen's life from her wedding day in 1947 until now. *Wolf Hall*'s Claire Foy is poised to play Elizabeth for the first two seasons. Over on ITV, Jenna Coleman stars as the UK's second longest-serving monarch in an eight-part drama about Queen Victoria (left).

HOT TICKETS

Undressed: A Brief History Of Underwear at the V&A museum is way more than an exhibition about knickers. From corsets to bullet bras, it explores our changing concept of the 'ideal' body and the practical, sexual and style implications of lingerie. (But, yes, there will be some nice knickers on display, too.) *April 2016-February 2017, vam.ac.uk*

The work of pioneering feminist artist Georgia O'Keeffe, dubbed the 'mother of American modernism', is celebrated with a major retrospective at the Tate Modern, where you can see her soaring landscapes and blossoming flowers up close. *July 6-October 16, tate.org.uk*

Sandi Toksvig, comedian, broadcaster and co-founder of the Women's Equality Party, goes on tour with her show *Politically Incorrect* to raise funds for her newly formed political party. She promises special guests and a night "that might even change your life". *Nationwide, February 23-March 14, sanditoksvig.com*

The stage adaptation of Eimear McBride's Bailey's Prize-winning novel, *A Girl Is A Half-Formed Thing* – a young woman's turbulent coming of age story – bowled over critics at last year's Edinburgh Festival. Now it comes to the Young Vic for a limited run. Book fast. *February 17-March 26, youngvic.org*

2016 The year of KICK-ASS women



THE DIVAS ARE BACK

Some of our favourite pop stars are expected to release new music – or more likely, drop a whole album unannounced next year: Beyoncé (could it be the rumoured joint record with Jay-Z?), Foxes, Lorde, Katy Perry and Lady Gaga.

By Helen Whitaker, Hanna Woodside, Mark Eccleston and Kerry Potter. Photographs: Rex Features, Allstar Picture Library/A24, Getty Images, Landmark Media, Paul Feig/Twitter

Breakfast At Tiffany's at Theatre Royal Haymarket. If you want gorgeous costumes and a fun night, this will hit the spot. Opens June 29, trh.co.uk

MAX FACTOR X



STAR WARS
THE FORCE AWAKENS
ONLY IN CINEMAS

FIND THE FORCE WITHIN

THE LIGHT SIDE

Shining eyes and sculpted lips for polished perfection. Droid look inspired by *Star Wars: The Force Awakens.*



THE DARK SIDE

Steely lips and dramatic eyes for the strong soldier. Chrome Captain look inspired by *Star Wars: The Force Awakens.*

Light side or dark side? Find your look at www.maxfactor.com

THE MAKE-UP OF MAKE-UP ARTISTS

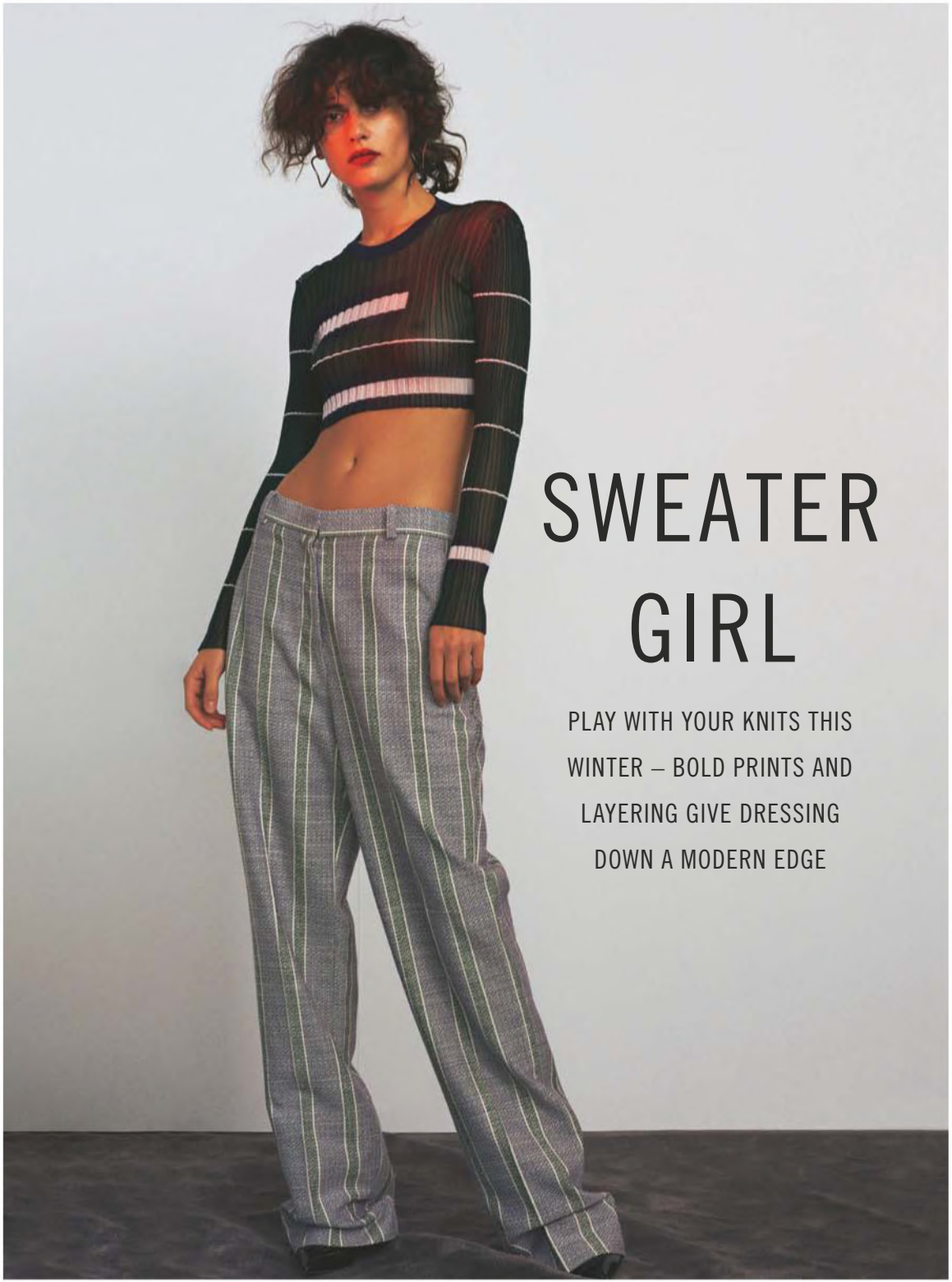
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GLAMOUR
Fashion + Beauty
JANUARY 2016



DAISY RIDLEY SHINES BRIGHT >

Photograph: Alexei Hay. Jacket and skirt both Bally; earrings Prada



SWEATER GIRL

PLAY WITH YOUR KNITS THIS WINTER – BOLD PRINTS AND LAYERING GIVE DRESSING DOWN A MODERN EDGE

Photographs by **Pascal Gambarte** Fashion Director **Natalie Hartley**



Opposite page **Silk-mix crop top** £395 Bally; **cotton trousers** £350 acnestudios.com; **patent leather boots** £810 Gianvito Rossi; **metal earrings** £155 thehoopstation.co.uk

This page **Cotton roll-neck** £375 Bally; **cotton trousers** £480 acnestudios.com



Cotton dress £336 MSGM; **crêpe crop top** (just seen) £297 isaarfen.com; **metal earring** from a selection MM6 at maisonmargiela.com



Cotton shirt £540 and **nylon polo shirt** £595 both Miu Miu; **denim jeans** £95 guess.eu; **metal earrings** £79 thehoopstation.co.uk; **vintage leather belt** from a selection rokit.co.uk



Opposite page **Metal earrings** £79 thehoopstation.co.uk

This page **Wool roll-neck** £450 and **wool skirt** £375 both j-w-anderson.com; **metal earrings** (just seen) £155 thehoopstation.co.uk; **leather belt** from a selection rokit.co.uk





Opposite page **Suede bomber jacket** £2,470 and **suede skirt** £1,875 both Bottega Veneta; **patent leather boots** £810 Gianvito Rossi

This page **Leather bomber jacket** £1,450 Bally; **viscose crêpe vest top** £295 Christopher Kane; **cotton top** £800 marni.com; **denim jeans** £175 Sandro; **metal earrings** £155 thehoopstation.co.uk



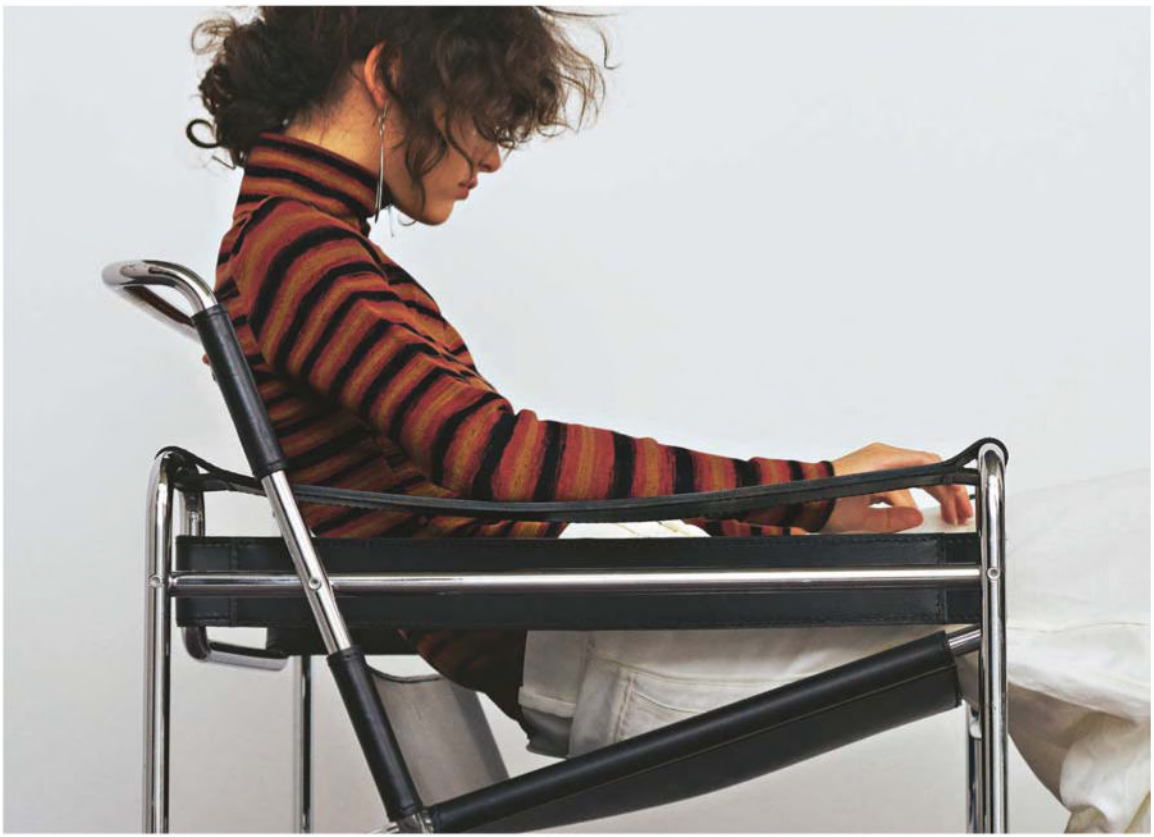


Cotton sweater £130 Carven;
cotton shirt price on request Philosophy di Lorenzo Serafini;
denim jeans £83 levi.com



Leather top price on request Louis Vuitton; **metal earrings** £155 thehoopstation.co.uk





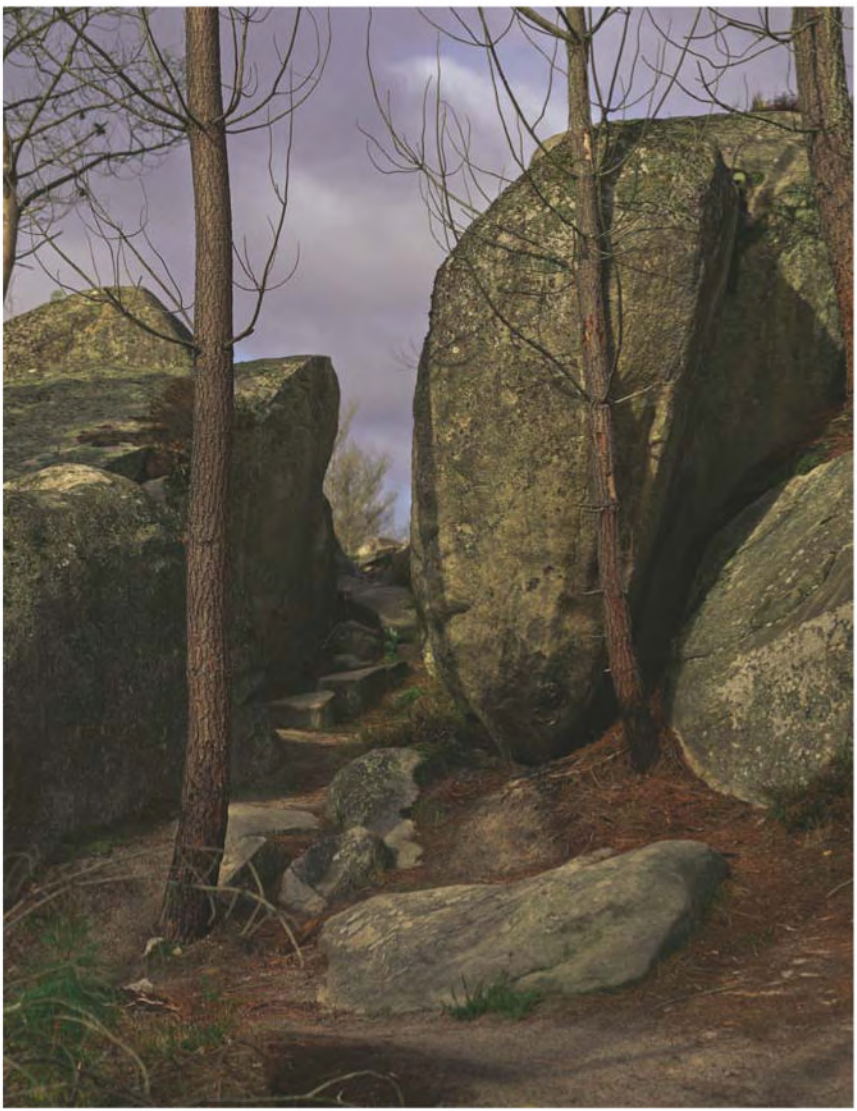
Opposite page **Wool dress** £715 Stella McCartney; **fabric and metal earrings** £225 (for a pair) Miu Miu

This page **Cotton jumper** £90 karenmillen.com; **cotton trousers** £900 Chloé; **metal earrings** from a selection MM6 at maisonmargiela.com

Make-up: Thom Walker, using Yves Saint Laurent. Model: Iana Godnia at M+P Models.
Hair: Philippe Tholimet at Streeters, using Moroccanoil. Senior Fashion Assistant: Charlotte Lewis

ONE OF THE BOYS

…ONLY SO MUCH COOLER, WITH MANNISH PIECES WORN YOUR WAY



Photographs by **Markus Pritzi** Fashion Editor **Isabelle Thiry**



Men's wool coat £1,620 Marc Jacobs; **cotton turtle-neck** £920 Hermès; **leather trousers** £1,455 maisonmargiela.com; **leather loafers** £280 Church's; **leather belt** vintage Saint Laurent; **cotton socks** £10 falke.com





Opposite page **Black and brown leather jacket** £3,240 Thomas Tait at avenue32.com; **white cotton shirt** £325 margarethowell.co.uk; **white cotton turtle-neck** £28 americanapparel.co.uk

This page **Off-white cotton T-shirt** £17 intimissimi.com; **black and white tweed trousers** £1,478 Chanel; **burgundy leather loafers** £280 Church's; **grey cotton socks** £10 falke.com





Opposite page **Leather open-back T-shirt** £990 Calvin Klein; **wool dress** £255 dkny.com

This page **Wool coat** price on request and **wool jumpsuit** £2,450 both Dior; **denim jeans** £70 Levi's at rokit.co.uk; **leather loafers** £280 Church's; **cotton socks** £10 falke.com



This page **Mohair and leather jacket** £2,940 Miu Miu; **wool-blend jumper** £250 Hugo Boss; **leather trousers** (just seen) £1,485 Thomas Tait at avenue32.com

Opposite page **Wool jacket** £261 Christophe Lemaire; **cotton top** £285 Eudon Choi at avenue32.com; **patent leather boots** £1,600 Dior





Wool polo top £210 Hilfiger Collection at tommy.com; **cotton polo-neck** £18 marksandspencer.com; **wool trousers** £315 Emporio Armani



Wool and crêpe blazer £1,165 Michael Kors; **wool jumper** £456 Versus Versace; **cotton trousers** £181 Christophe Lemaire; **leather boots** £1,830 Missoni

Hair: Gregor Makris, using Oribe
Make-up: Karin Westerlund at Call My Agent, using Burberry Make-up
Model: Sojourner at Storm Management
Production support: jpps.fr
Fashion Assistants: Holly White and Uli Semmler

A STAR IS BORN

AS THE LEAD IN THE MOST HOTLY ANTICIPATED MOVIE, LIKE, EVER (YEP, WE'RE TALKING STAR WARS), DAISY RIDLEY PRETTY MUCH OWNS THE GALAXY. ***CRAIG McLEAN*** *FEELS THE (SELF-DEPRECATING AND GLORIOUSLY POTTY-MOUTHED) FORCE ▶*

Photographs by **Alexei Hay**



Jacket and **skirt** both bally.co.uk; **earrings** Prada

A LONG TIME AGO

(OK, it was September), in a galaxy far, far away (that'll be west London), a young human female was getting on with the serious business of keeping her flat clean and tidy.

This unremarkable 23-year-old *Bake Off* obsessive and speed-garage enthusiast – this very smiley goof-next-door who just might be the saviour of the universe – was in her kitchen. She was wielding a lightsaber. I mean mop. At her feet, a cutesy droid. Alright, a dog. Called Muffin. It left paw prints on the freshly washed tiles. Tickled by this, the human posted a quick video on Instagram.

And with light-speed immediacy, there was a disturbance in The Force. That is, a big chunk of this newcomer Brit girl's 65,700 followers went bananas.

"People were like, 'Oh my God, you're Rey Solo' – this is what people do, they just assume I'm Han Solo's daughter, it's not even a question any more – 'and you're still mopping the floor!' I'm like, 'Yep… floor's still dirty.'" As she says this, Daisy Ridley puts on a funny voice, pulls a toothy face and emits a squawky laugh. She does this a lot.

Meet the star of the biggest movie of our lifetime. An actress whose CV, prior to now, featured bit parts in *Casualty* and *Mr Selfridge*, a spot in a Wiley video, and pretty much zero films to speak of. An unassuming, fresh-faced bookworm who, by the end of this month, will be one of the most famous women in the world.

The blockbuster? *Star Wars: The Force Awakens* by acclaimed director JJ Abrams – the first fruits since *Star Wars* creator George Lucas sold his company and his story vaults to Disney for an eye-watering $4billion. It has shattered records for advance tickets sales in the UK and US – with IMAX selling $6.5m of tickets in one day, beating the previous record of $1m.

So, yes, Daisy will acknowledge with a heard-it-all-before shrug, being cast in the lead role has made her the most well-known unknown in the world. She is aware that this means she is the repository of a gazillion fans' hopes and dreams. That the top-secret space epic is subject to wild speculation and bonkers levels of scrutiny is not lost on her either. And she also knows that, for all the aliens and robots and distant planets and returning heroes (Luke Skywalker, Han Solo, Princess Leia), the film revolves around the adventures of her character, Rey ("desert scavenger on the planet Jakku"), and that of fellow London-born fresh face, John Boyega ("disillusioned stormtrooper Finn"). Finally, yes, of course ▶

"PEOPLE ARE GETTING TATTOOS! OF MY FACE! ALREADY! IT SEEMS INSANE TO ME"



Top Maryam Nassir Zadeh; **earrings** Prada



Dress and **boots**
both Miu Miu

◀ Daisy accepts that *The Force Awakens*, AKA *Episode VII,* is – really, actually, truthfully – the most keenly anticipated film of all time.

No pressure, then.

"It's so nice that people are so excited about it," she says, in her speedy London accent, beaming. "But people are getting tattoos! Of my face! Already! And I'm like, 'You don't even know what Rey is in the story.' It seems insane to me."

By Yoda, Daisy can talk. She arrives at the central London hotel bang on time, lets the interview run to twice its allotted length, and only leaves because she's due to have a burger with an actor mate. In that time she talks a lot, laughs a lot, "waffles" a lot (her description, not mine), and curses like a (storm)trooper.

"Your word count is gonna be down about 500 words after you take out all my swearing. I'm so sweary today! Apologies."

Such is her natural openness that even when she's revealing the little that's officially sanctioned about her character and the plot, Daisy is cheerfully, engagingly effusive.

"Well," she begins. "Rey starts alone – and I did not mean 'Solo' when I said 'solitary'," she hoots, referring to a previous comment that had the fans convinced her character was the daughter of Han Solo, Harrison Ford's legendary captain of the Millennium Falcon.

"Is she an orphan? Who's to say?" she winks coquettishly. "And the word 'heroine' keeps getting mentioned, which I don't agree with. When JJ and I talked about this, he said: 'She's an ordinary girl, in extraordinary circumstances.'"

Just like the actress herself?

Daisy thinks for a beat. "Yeah," she decides. "Although the journey she goes on – I mean, ultimately I'm just in a film – Rey's in the galaxy, doing good things! So she meets Finn, and is kind of drawn into this thing without asking to be. Um… it's weird, because I can't remember a lot of what we did. So things will come back to me in flashes. I haven't seen the film yet – I kinda want to, and I kinda don't – Steven Spielberg's seen it three times, as he told me when I met him!"

"I READ THE NEWS, WORSE THINGS HAPPEN THAN ME BEING RECOGNISED"

She says this with self-mocking larkiness, skewering her newfound A-list life. She whips out her phone to show me a picture of her and Tom Cruise, whom she met on the UK set of the last *Mission: Impossible* film. Both are emitting full-beam, brilliant-white smiles. "It looks like a Colgate ad. Cool, right? Me and my mate Tom," she guffaws.

Daisy is the youngest of three girls (she also has two older half-siblings). Her mum works for HSBC, her dad is a photographer. She grew up in west London, and still lives there, in a flat with one of her sisters (and Muffin). She was a boarder at Tring Park School for the Performing Arts in Hertfordshire. But, she points out firmly, she won a scholarship to the school that also counts Lily James and Jessica Brown Findlay among its alumni. Contrary to another round of pre-release *Force Awakens* hype, Daisy is not another well-connected newbie actor posho. Her family's neighbourhood "is quite upmarket, but it wasn't upmarket then," when her dad bought the house 30 years ago. "We're the poor people in the area."

After school, she travelled for six months, auditioned for acting jobs whenever she could,

Continued on page 162 ▶

"MY EXPERIENCE HAS BEEN INCREDIBLE.
I'VE FELT SUPPORTED AND
RESPECTED THE WHOLE WAY THROUGH"





Jacket, top and **skirt** all Miu Miu

◀ and earned a crust waitressing in a local pub, The Union Tavern in Westbourne Park.

So far, so ordinary. Then *Star Wars* came knocking. JJ Abrams, the visionary director who successfully rebooted another space-opera franchise, *Star Trek*, was determined to cast fresh faces as the not-hero and not-heroine of *The Force Awakens*. Cue epic, global search for Rey and Finn.

After seven months and five auditions, Daisy got the gig. First, there were three months of fitness and stunt training. "Five hours a day," she says with pride. "However, that sounds more intense than it felt at the time. Obviously we would stop and chat the whole way through. So it was an hour of fitness…"

Then there was nine months' filming, in locations ranging from Pinewood Studios, outside London, to Abu Dhabi, and other top-secret points in between. With typical no-nonsense candour, Daisy admits there were bumps along the way.

"I was petrified. I thought I was gonna have a panic attack on the first day."

She was standing in the desert, behind the landspeeder that Rey pilots, shuddering and thinking, "'I can't do it.' Because JJ…" she begins, smacking her lips ruefully, "he probably doesn't remember telling me that my performance was wooden. This was the first day! And I honestly wanted to die. I thought I was gonna cry, I couldn't breathe. And there was so many crew there, because obviously all the creatures [had stand-ins], and there were loads of extra crew making sure everyone was safe 'cause it was so hot. It was," Daisy concludes with a mortified face, "awful".

She might have foreseen as much. As JJ has explained, he expected a lot of her and John: "To find someone to shoulder a *Star Wars* movie, you need to find people who can make you laugh and show emotion and do action and also handle the pressure of starring in *Star Wars*. It's like finding someone who can compete in every event in the Olympics."

But in all the best ways, Daisy is not built for intergalactic, warp-speed fame. For one thing, she loves her twice-weekly bus trip to the gym, and will be loath to give that up. For another thing, she can't even remember to top up her travel card.

This, tbh, is no biggie. Not even in light of the fact that she has rocked up to our meeting completely alone – no PR, no chaperones, no momager, no crack squad of Disney stormtroopers.

"No, no one's around," she shrugs. "But they offered to send a car. And I said, 'Nah, I'm OK'. And then I didn't have enough money on my Oyster – and I didn't have any cash! So I was like, fuck, I'll have to get an Uber there. How showbiz!" she shrieks.

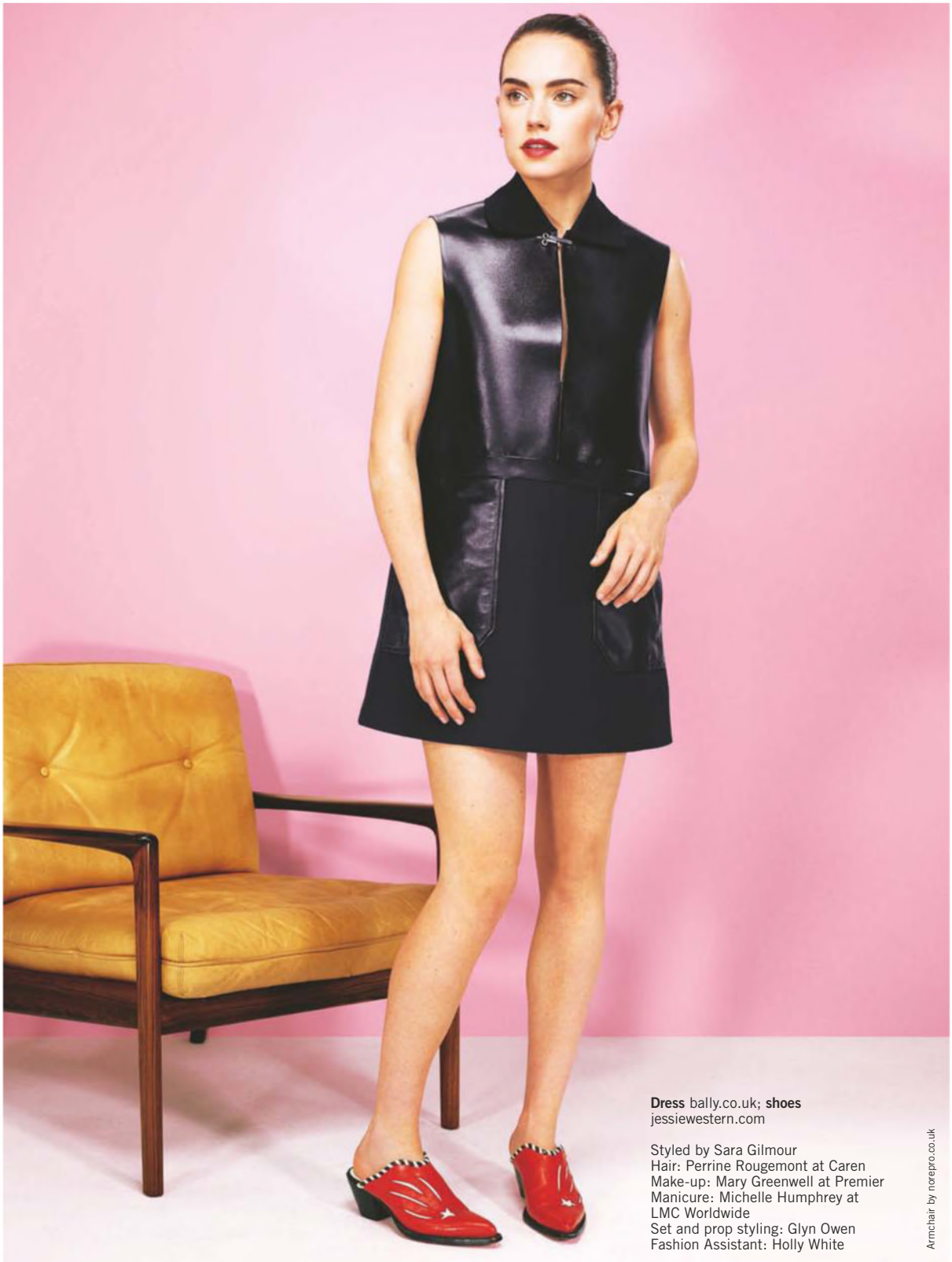
Still, she's gradually becoming used to the peculiar demands of her new life. "I'm always being asked what products I use," she says, baffled. "I say, 'I don't know.' I'm trying to figure it out now."

"I WAS PETRIFIED. I THOUGHT I WAS GONNA HAVE A PANIC ATTACK ON THE FIRST DAY OF FILMING"

Similarly, ask her what she's wearing today and she actually has to think about it. She stares at her outfit and ticks off the items. "Patterned quilted jacket… fringey vesty thing given to me by Asos, thank you… I did actually make an effort today," she insists. "This isn't usually how I dress ▶

Jacket, shorts and
shoes all fendi.com





Dress bally.co.uk; **shoes** jessiewestern.com

Styled by Sara Gilmour
Hair: Perrine Rougemont at Caren
Make-up: Mary Greenwell at Premier
Manicure: Michelle Humphrey at LMC Worldwide
Set and prop styling: Glyn Owen
Fashion Assistant: Holly White

Armchair by norepro.co.uk

◀ – this is a bit punkier. Jeans from Rokit… silver trainers by Superga… and topknot by moi," she chirps, tugging at her perky pile of hair. "Literally my hair is the flattest fucking thing in the world. This is the only thing I can do with it that doesn't annoy me."

An entire, $4billion franchise rests on Daisy's topknot – so, does the Disney 'machine' have her firmly in control? She splutters an "as if!" negative.

"My experience has been incredible. I've felt supported and respected the whole way through. I've not been told not to do anything. My Instagram has not been… what it's called when they keep tabs on it? Yeah, it's not monitored."

Surely she's had media training?

"Well, yeah, but that was also because I didn't know what I was allowed to talk about. And also, ha ha," she squawks again, "my media training, I had to watch it back, it was so cringe. Someone said: 'So, can you tell us anything about the film?' I was like: 'No.' They were like, 'Yeah, you can't do that…'"

"I'M LIKE, RA RA RA RA, TALK TALK TALK. A LOT OF THE TIME I CAN'T REMEMBER WHAT I STARTED TALKING ABOUT"

So no one's tried to neuter or gag her? She gives a snort and a vigorous shake of the head. Daisy may look a little like Keira Knightley, but she has none of her glacial poise, and precisely none of the PR-buffed smooth reserve of most young-but-already-old starlets.

"I don't think I'm very out there in terms of personality," she says (mistakenly, I'd suggest). "But people are sometimes like, 'Oh, ha, ah, OK…'" she concedes, recognising that Hollywood stiffs can be alarmed by her fizzing, crackling, firecracker personality. But, that's just how she is. "Because I'm like, ra ra ra ra, talk talk talk. And a lot of the time I can't remember what the fuck I started talking about. But I've never been made to feel like that was a bad thing."

For Daisy, life, frankly, is already full on. But come the global, headline-making, box-office-busting event that is the actual release of *Star Wars: The Force Awakens*, things will change beyond recognition. Even for a woman this brilliantly grounded, she's about to have stratospheric lift-off. How is she coping with that weight of expectation? She thinks for a second.

"Selfishly, first and foremost for me, I want people to enjoy the film and think that I did a good job. Beyond that, I don't know… I guess what will be will be. And also, when I actually first heard about the job, it was months before I auditioned. And I got a funny feeling in my body. It felt like the whole time – even though I thought I was doing a shit job in the auditions – there was something pushing me on, telling me this was going to happen. So it kinda feels like the wheels continue to turn."

"But also," she carries on merrily, "maybe because I have a grip on reality and I read the news and I know what's out there, worse things happen than me being recognised walking down the street. And more incredible things happen than people enjoying the film. So, um, yeah," she smiles. "That's a long way of saying I don't know!"

The force is strong with this one.

Star Wars: Episode VII: The Force Awakens is in cinemas from December 17

Something about Suki

Want timelessly beautiful hair? Model and actress Suki Waterhouse shows us how it's done

By **Alessandra Steinherr** and **Hanna Woodside**

Photographs by **John Akehurst**

Suki Waterhouse likes a challenge. "It's exciting being thrown into something completely unknown," she says of her first lead film role, in dystopian love story *The Bad Batch*. Starring alongside Jim Carrey and Keanu Reeves was "one of those life-changing experiences; it was daunting to work with these incredible actors. But that's how you learn."

Following in the footsteps of Cameron Diaz, Milla Jovovich and Cara Delevingne, Suki, 23, is relishing the transition from model to actress. "It's exhilarating," she says. "When I auditioned for *The Bad Batch* and met the director, Ana Lily Amirpour, I thought, 'I *have* to work with her.'" The film, out next year, follows Suki's roles in *Insurgent* and the upcoming *Pride And Prejudice And Zombies*. She counts her female co-stars from those films (Shailene Woodley and Lily James, respectively) as inspiration. "Watching them act is an education. They're role models to me."

Tight-lipped about future projects (although she hints that she might have to dye her hair red for a role), creatively Suki is all fired up. "Acting lets you discover things about yourself and other people, that's what interests me. I'm beyond excited." Here, Suki revisited her modelling roots and teamed up with her go-to stylist (and Redken UK editorial ambassador), George Northwood, for this exclusive shoot showcasing five perennially pretty hair looks.





Pretty pigtails

"It's not a look I would normally wear, but I kind of love it. It has a playful, retro vibe," says Suki. George back-combed the top and crown of the hair with a fine-toothed comb (**Carbon Pin Tail Anti-Static Comb** £4.85 Denman) to build some height. He then drew a deep side-parting, separated the hair, tied it into two low bunches and added grosgrain ribbons.

Make-up note Party up your face with cute drawings – we love these **Temporary Tattoos** £6.50 rosiewonders.co.uk ▶

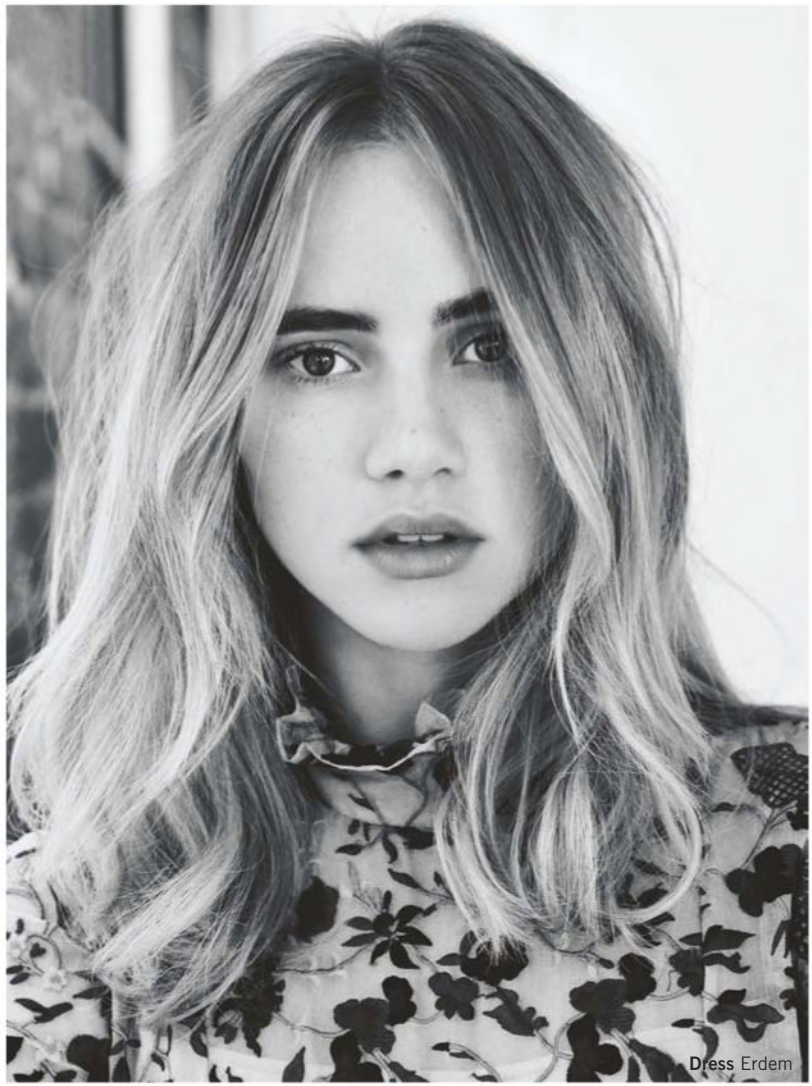
Jumper Emanuel Ungaro; **ribbons** stylist's own



The modern braid

"I like the versatility of braids – they can be boho, carefree or structured," says Suki. This is actually one big braid around the head. George rubbed **Braid Aid 03** £19 Redken in his hands for grip, then started braiding from above the ear. He French-plaited into a spiral, then secured it with a grip. **Make-up note** For a pronounced flush, tap **Beach Stick in Es Vedra** £30 charlottetilbury.com generously across cheekbones. Balance the brightness with a deep berry polish, like **Nail Polish in Wicked** £7.99 Essie.

Top and **earrings** Balenciaga



Dress Erdem

The new supermodel blowout

"This is the way I like my hair best," says Suki. "Natural but a bit done." George sprayed **Rootful 06** £14.40 Redken into her roots for body, then blow-dried it out with a big round brush. He then tonged the layers around Suki's face with **Curve Soft Curl Tong** £120 ghdhair.com ▶

Suki's essentials

The British beauty and global muse for Redken opens up her product cabinet...



THAT SKIN

Suki's skin is absolutely phenomenal up close. And she has a pretty dedicated, yet simple, routine she swears by. "My facialist in LA, Shani Darden, put me on this regimen that has transformed my skin," she says.

- "I wash my face with **Cleansing Complex** [£35 IS Clinical] – it thoroughly purifies but doesn't dry me out."
- "The thing I love is **Super Serum Advance+** [£122 IS Clinical] – it's full of vitamin C to brighten."
- "Twice a week I use **Resurface Retinol Reform** [approx £50 Shani Darden] at night to clear out my pores – and I feel it tightens everything."
- "I swear by **Healgel Face** [£48 healgel.co.uk] to soften and get rid of red bits."
- "When I'm really dry (especially when I'm flying a lot), I use **The Moisturizing Cream** [£108 cremedelamer.co.uk] or **Skin Food** [£9.95 weleda.co.uk]."
- "For emergency spots, I use **Drying Lotion** [£15 Mario Badescu]."
- "My dad has a skincare clinic in London and I'll go there to have the **HydraFacial** [£230 waterhouseyoung.com] – I love the plumping effect of the hyaluronic acid, it's great before a night out."
- "I also have the **Bespoke Facial** at Yvonne Martin [£165 yvonnemartin.co.uk]. I love the natural facial massage and I'll fall asleep for an hour and a half. It's so relaxing and you get dates, nuts and mint tea afterwards. It's one of my favourite treats."



The twisted up-do

"I rarely wear my hair up," says Suki, "but I like the statement of the leather headband." To get the look, side-part your hair and then place your headband around it. Twist the side sections back and keep on twirling them until your reach the ends. Spray over with a finishing spray (**Laque Couture** £16 kerastase.co.uk) and secure with pins. **Make-up note** Gold lids and a matte red mouth add polish – here we used **Eye Kohl in Powersurge** £14 maccosmetics.co.uk and **Rouge Pur Couture Matte Lipstick in 101** £26 yslbeauty.co.uk ▶



Dress Lanvin;
headband Fendi



MAKE-UP PICKS

"I'm super-low maintenance with my make-up – for events, I get it done by a make-up artist, but when I do it myself, it's very pared down."

- "I mix **Fresh Glow Luminous Fluid Base in Golden Radiance** [£34 burberry.com, above] with **Future Skin** [£60 Chantecaille] – this combo makes my skin super dewy."
- "I use **Secret Camouflage** [£26.50 Laura Mercier] to cover under-eye darkness. It's not too heavy."
- "I'm all about feathered natural brows and just brush them up with **Effortless Eyebrow Definer in Sepia** [£22.50 burberry.com] or **Tinted Brow Gel** [£17 Anastasia Beverly Hills, bottom]."
- "I love a pink lip and my go-to is **Kisses Lipstick in Tulip Pink** [£25 burberry.com]."

HAIR TRICKS

"I don't do much to my hair – I like it to look effortless. And I believe in using few, but effective, products."

- "I'll get a weekly blow-dry and then keep it up with **Pillowproof Blow Dry Two Day Extender** [£16.30 Redken]. I like my hair to get messier as the week goes on."
- "Constant styling and colour changes take their toll on my hair. I take chelated iron supplements to keep it in good condition."
- "I put **Diamond Oil Glow Dry** [£32.50 Redken] in damp hair when I get out of the shower. My hair can be quite mad and lionessy and this gives it that overall shiny look when I want to be more groomed."
- "Sometimes after conditioning, my hair can be flat, which I hate. I'll use **Wind Blown 05 Dry Finishing Spray** [£16.30 Redken] for a more Bardot-ish texture."



The '60s redux

"I always like a little nod to the '60s," says Suki. "This feels like a modern-day mod, sexy and approachable." To get this texture, George recommends blow-drying hair straight first, then adding in hair powder (try **Ultimate Volume Dry Shampoo** £20 Swell) to get a matte, rough texture. Get some lift at the crown by back-combing with **Quick Tease 15** £16.30 Redken.

Make-up note For the easiest route to flicked-out liner, use **Eye Studio Lasting Drama Gel Liner** £7.99 Maybelline. On lips, try **Lipstick in Little Buddha** £15.50 maccosmetics.co.uk

Styled by Alessandra Steinherr. Assisted by Rebecca Wright. Make-up: Polly Osmond at Premier Hair And Makeup. Hair: George Northwood, using Redken Diamond Oil Glow Dry. Nails: Jenni Draper at Premier Hair And Makeup. Still lifes: Benoît Audureau



Dress Saint Laurent



Dress Pinko

Just add SPARKLE

HOW TO SHINE LIKE A SUPERMODEL? THESE COOL GLITTERY LOOKS, SHOWCASED BY STELLA MAXWELL



Parties are the perfect excuse to branch out of your go-to make-up look and up the ante. If there ever was an ideal place for shimmer and glitter, then surely it's the festive season. "The way to wear glimmer and gleam now is against super-glowy, almost bare skin," says make-up artist Fiona Stiles, who created the looks on these pages. That doesn't mean zero foundation, just carefully perfected skin with skin-like products such as **Studio Waterweight SPF30 Foundation** £25.50 maccosmetics.co.uk, "but keep the texture dewy, not matte." Here are the secrets to getting the prettiest twinkly looks. ▶

By **Alessandra Steinherr**

Photographs by **Derek Kettela**



Caviar Stick Eye Colour in Sapphire £20.50 Laura Mercier

Excess Shimmer Eye Shadow in Crystal £7.99 Max Factor

Midnight metallic

(Previous page)

Swap out standard black shadow for sexy deep blue: "It's a less severe way to wear a smoky cat eye," says Fiona. She started off by blending dark blue cream shadow (**Caviar Stick Eye Colour in Sapphire** £20.50 Laura Mercier) over the upper lid, from the inner corners to the crease. Next, she layered a silver shadow (**Excess Shimmer Eye Shadow in Crystal** £7.99 Max Factor) on top, smudging it past the outer corners. She left the lower lash line clean, "as it looks much fresher and more modern than a fully done-up eye." Clear gloss on lips and brushed-up brows complete the night-time look.



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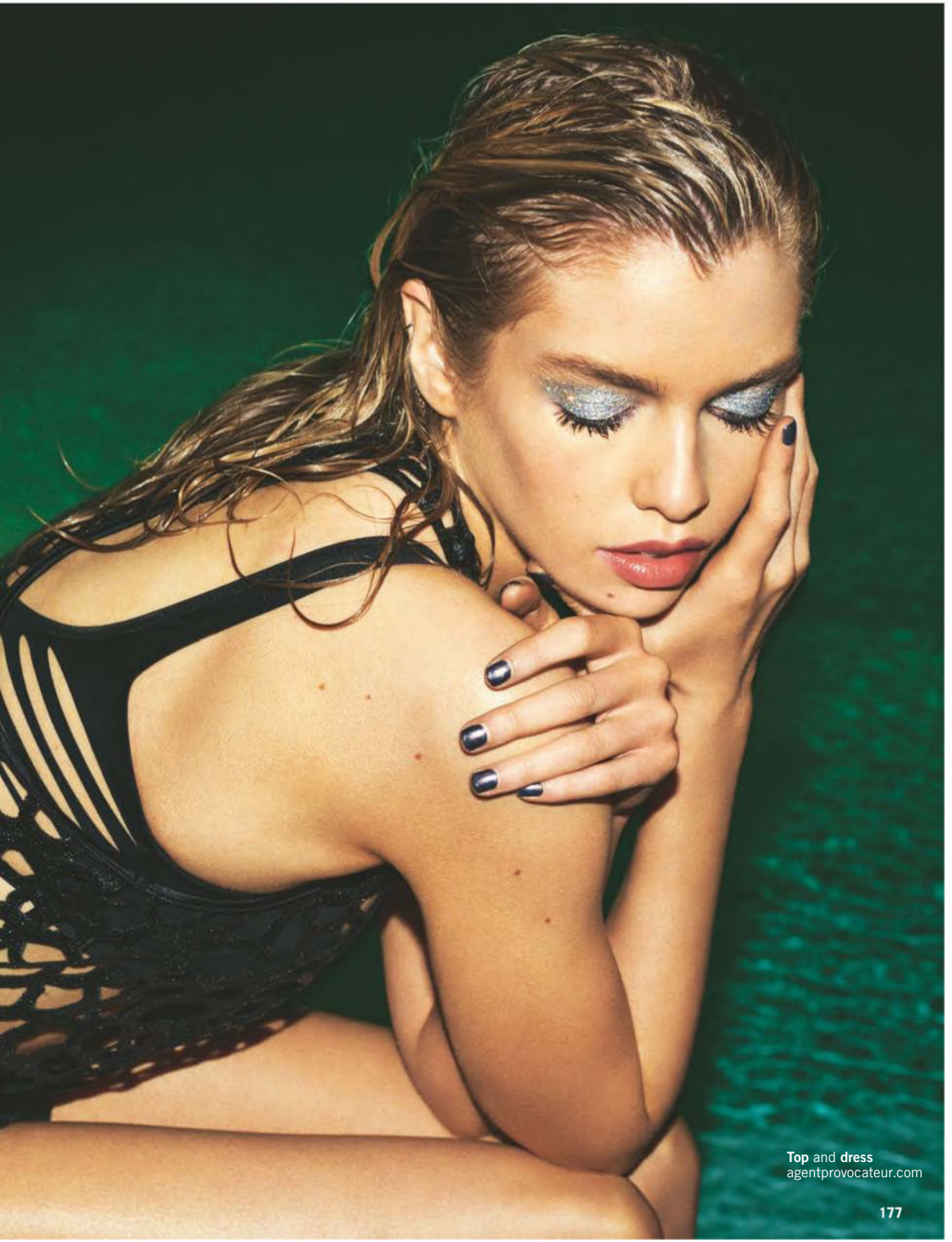
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Silver glitter

If you're going to go for glitter, make it silver this season. "While bronzes and golds are the most flattering metallics, silver is way cooler – kind of edgy, but wearable," says Fiona. To get this intense result, start with **Little Round Pot Eyeshadow in Argent Paillettes** £7 Bourjois (1) and layer **Fine Glitter Dust in Silver** £4.59 barrym.com (3) on top. "For staying power, I apply the particles with **Bondage Weightless Makeup Adhesive** [£10 urbandecay.co.uk]," says Fiona. Take the glitter vibe to a whole new level by pairing it with minimal make-up – a bit of mascara, a barely stained lip and blueish-silver polish such as **Intense Nail Lacquer in Baroque Silver** £19.50 Dolce & Gabbana (2). ▶





Top and **dress**
agentprovocateur.com



Starry eyed

This is one for make-up lovers. "The stars are such a dreamy way to make a statement," says Fiona. And because they are dainty and paired with a bronzy eye and turquoise liner, it looks strong and free-spirited, rather than overly sweet. Blend **Dual Intensity Eyeshadow in Subra** £21 narscosmetics.co.uk (2) over the lid. Then rim the waterline into the inner corners with **Bulletproof 24-Hour Eyeliner in Get Lucky** £19 Too Faced (1). Finish with stars applied generously in a half-moon shape around your temples and upper cheekbones. Try **Glitter Stars** £2 stargazer-products.com (3).

In Stella's bag...

As one of the world's most in-demand models, Stella pretty much lives out of a suitcase. "I'm based in New York, but I spend a lot of time in LA, as I have some of my best friends there." And of course, she gets flown all over to shoot high-end editorials (such as this shoot in St Lucia), walks in the coolest fashion shows and is part of the very select group of Victoria's Secret models. But this VS Angel is really a tomboy at heart and pretty low-maintenance with her beauty routine, though she loves make-up. "I've always been into make-up. When I have time to kill at the airport, I'll always try out different products. I love being transformed – my face can look so different. I like seeing myself like a totally different person." And her number-one trick? "My thing that I like to do is a 'fake cat-liner'. It's like a cat eye, but not as full-on. I just do the tiniest line with a liquid liner, as if your eyelashes are continuing to the side and upwards. It has to be super thin and not look like you have a line at all – you'll just look like you have wider eyes." ▶



Top La Perla;
earring Stella's own





Top La Perla

Styled by Alessandra Steinherr
Assisted by Dominique Temple
Model: Stella Maxwell at
Oui Management
Make-up: Fiona Stiles at
The Wall Group
Hair: Eric Gabriel at
The Wall Group
Special thanks to Sugar Beach,
A Viceroy Resort, St Lucia



Fanciful amethyst

Purple isn't to everyone's taste – but it should be. "It actually flatters all skintones and eye colours," says Fiona. "Plus, it looks super seductive, but not try-hard." Apply **Mineralize Eye Shadow in Young Punk** £17 maccosmetics.co.uk across eyelids and blend outwards. For an original twist, add a topcoat of leaf glitter (**JT Makeup Metallic Leaf in Copper** £6.50 screenface.co.uk) – don't worry about being too neat, "it looks better if it's a bit messy." You pretty much don't need anything else, except a pale nude lip (**Pure Color Envy Lipstick in Insatiable Ivory** £24 esteelauder.co.uk).



Pure Color Envy Lipstick in Insatiable Ivory £24 esteelauder.co.uk



Mineralize Eye Shadow in Young Punk £17 maccosmetics.co.uk

JT Makeup Metallic Leaf in Copper £6.50 screenface.co.uk

Stella's staples

- "My favourite foundation is **Dream Liquid Mousse** by Maybelline [this is a US product – for a UK alternative, try **Dream Satin Liquid** £7.99 Maybelline (1)]. I've used this for years. It's the cheapest and the best."
- "All the surfer kids in LA use **Badger Cocoa Butter Lip Balm in Sweet Orange** [£8.99, part of **Classic Lip Kit** feelunique.com]. It's shiny but not sticky."
- "**Tom Ford Bronzing Powder in Terra** [£48 Tom Ford (4)] is the best bronzer, I love how it looks on the skin. And you can use it to contour subtly, too."
- "**Lip Glaze in Kitten** [£15 stila.co.uk (2)] is nice for a shimmery nude lip."
- "I love the thick brush of **Great Lash Big Mascara** [£7.99 Maybelline]."
- "I change lip colour a lot, and right now I'm into **Chubby Stick Intense Moisturizing Lip Colour Balm in Plushest Punch** [£17 clinique.co.uk]."
- "Before putting on my foundation, I'll use **Instant Smooth Perfecting Touch** [£26.50 clarins.co.uk (3)] – it kind of acts a bit like Photoshop."



14

HAIR TRANSFORMATIONS

New year, new hair? Sounds like a plan, says **Grace Timothy**

BARNT GREEN

Balayage at Michelle Griffin, 30A Hewell Road, Birmingham B45 8NE (0121 445 1492; michellegriffin.co.uk)
Kinder to damaged hair and less scary than a full-on colour transformation, subtle strips of colour through the ends warm or cool your existing shade for a gentle switch-up.
Usual price £99

BOSTON

Full Head Highlights at Salon Alchemy, 2nd Floor, Oldrids Department Store, 11 Strait Bargate, Lincolshire PE21 6UF (01205 368368; salon-alchemy.co.uk)
While Paul Mitchell's The Color does its thing, you'll get a hand and arm treatment, followed by a head massage in the Lather Lounge.
Usual price from £66.50

EDINBURGH

Nanokeratin Treatment at Hair by JFK, 1 Bruntsfield Place EH10 4HN (0131 221 9554; hairbyjfk.com)
Start the year off with this semi-permanent smoothing treatment, which keeps hair looking silky for around 16 weeks. A chic cut and blow-dry complete the transformation.
Usual price £184.50**

HAVANT

Crowning Glory Colour Service at Headromance, 2 Park Road South, Hampshire PO9 1HB (023 9247 3777; headromance.co.uk)



25% OFF ALL THESE TREATMENTS*

Change up your colour without making a major commitment, with a half head of highlights across the crown – something to brighten up your colour and warm your complexion.
Usual price from £72.50

KINGSTON

Orofluido Ritual Treatment at Metropolis, 12 Eden Street KT1 1BB (020 8546 7575; metropolishairdressing.com)
A deep conditioning mask – containing nourishing Orofluido elixir – will transform damaged ends into glossy hair. And you get a 50ml bottle of the magic potion to take away.
Usual price £35

LEIGH

Paul Mitchell Awapuhi Wild Ginger KeraTriplex 2-Step Professional Treatment at Reilly Denholm Creative Hair Designers, 22-24 Market Street, Lancashire WN7 1DS (01942 262715; www.reillydenholm.co.uk)
Combining the KeraTriplex and

TAKE THESE PAGES TO ONE OF OUR LISTED SPAS OR SALONS TO CLAIM YOUR DISCOUNT – VALID UNTIL JANUARY 6, 2016*

Photograph: Jason Lloyd-Evans. Still lifes: Benoit Audureau. *Please mention offer at time of booking and present these pages at the salon or spa on arrival. Unless otherwise stated, offers are subject to availability and certain restrictions and are valid until January 6, 2016. **Not to be used in conjunction with any other offer. ***Quote 'GLAMOUR' when booking.

Keratin Intensive Treatments, this intense remedy strengthens and conditions hair for instant results – super quick, super shiny.
Usual price £20

LIVERPOOL

Full Head of Highlights at Rush Hair, 11/13 Ranelagh Street, Merseyside L1 1JW (0151 541 7366; rush.co.uk)
Experienced colourists will help you find the best colour for your skintone, adjusting each blend of pigments to suit you. Sit back with a cup of tea and watch the new you emerge.
Usual price from £95

LONDON

Signature Blow Dry at The Chelsea Day Spa, 2nd & 3rd Floor, 69A King's Road SW3 4NX (020 7351 0911; thechelseadayspa.co.uk)
This spa is a GLAMOUR favourite for more of a temporary overhaul. Peruse the blow-dry menu, then using a prescription of L'Oréal Professionnel products to suit you, your hair will be pampered and preened into a brand new style.
Usual price from £30

Blow-dry and treatment at Joes Salon, 69-71 Sloane Avenue SW3 3DH (020 7581 1122; joessalon.co.uk)
Enjoy a blow-dry with a complimentary Original & Mineral Seven Day Miracle Moisture Masque. This 20-minute treatment will leave hair deeply nourished with its unique blend of sweet almond, jojoba seed and macadamia oil. Warm up under a Climazone (a static dryer) to really open up the hair cuticles, followed by a deeply relaxing massage and blow-dry.
Usual price from £40***

Oxygen Scalp Treatment at Carol Joy London, The Dorchester Spa, Park Lane, Mayfair W1K 1QA (020 7319 7090; caroljoylondon.com)
Hair feeling a bit flat? Thin? A bit… bleugh? This wonderfully cool and refreshing scalp treatment uses pure oxygen to pump in all the key proteins, minerals and vitamins your hair needs to grow. And in seriously luxe surroundings, too.
Usual price £55

Kérastase Fusio-Dose at Percy & Reed, 157C Great Portland Street, Marylebone W1W 6QS (020 7637 4634; percyandreed.com)
This brand-new Kérastase treatment will super-charge hair so it's ready for anything, AND in the A-list salon of Adam Reed. A strengthening Fusio-Dose – chosen to address your specific concerns – is massaged into washed hair, rinsed and then blow-dried.
Usual price £20

NORWICH

Raw Replenish at The Egg, 13 Lower Goat Lane, Norfolk NR2 1EL (01603 761176; theeggsalon.co.uk)
If the winter winds have blown your hair to bits, this reconstructing treatment will restore strength and lustre. Whether you have got curly, straight or wavy hair, each strand will be super shiny by the time you leave.
Usual price £40

OXFORD

Reinventure at Idlewild, 19-21 Woodstock Road OX2 6HA (01865 553553; idlewildhair.co.uk)
Colour AND shine? Not an impossible task after all, with INOA Carmilane, L'Oréal's ammonia-free hair colour system and an in-built oil to gloss up the lengths. A great option if you've coloured before and want to limit the damage.
Usual price from £65

SUNDERLAND

Milk-shake Colour Cocktail at A List Salons, 27 New Durham Road SR2 (01915109988; alistsalons.weebly.com)
This semi-permanent cocktail of pigments is custom-blended to suit you, and will be mixed with an intensive conditioning mousse to limit damage to your hair. A bouncy blow-dry completes your makeover.
Usual price from £40



One bottle, double power

Perfectly Perfecting Wonder Cleanse & Nourish £18 Percy & Reed. Shampoo, condition and rinse, right? Well, actually, how about co-washing? Using a shampoo-conditioner hybrid which nourishes while it washes will halve shower time and double your shine. This clever sulphate-free cleanser is perfect, especially if you have curly hair.

GLAMOUR ON THE GO

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The weak girl's guide to willpower



Repeat after us: 2016 is the year you (yes, you!) nail your health goals. Here's how, says **Courtney Rubin**

So, this is it: the year you finally eat better, drink less and exercise more. In other words, the same things you've been promising to do for the past five years, but can't seem to stick to. Ugh. If only you had ironclad willpower, right?

Actually, most of us have more self-control than we think. Katharina Bernecker, a doctoral student from the University of Zürich, has co-authored several willpower studies and points out that most of us get out of bed early, work on things that aren't much fun, and don't eat cake for every meal. In other words,

we should give ourselves more credit for the self-control we *do* have.

How, then, can we direct it to the things we really want to achieve? First, it helps to understand what you're dealing with. Willpower is often compared to a muscle – if you exercise it, it grows stronger, and when it gives out, you have to rest and recover before using it again. But willpower is chemical, not physical.

Scientists haven't yet completely figured out how billions of cells, called neurons, interact to make you a paragon of virtue (or vice), but they do know it happens just behind the forehead, in an area of the brain called the prefrontal cortex, which is also in charge of short-term memory and solving abstract problems.

In a study by the University of Iowa, one group of undergraduates were given a two-digit number to remember and the other given a seven-digit number. When presented with snack options of chocolate cake or fruit salad, the students who had seven digits to remember were nearly twice as likely to choose the cake. Why? Their brains were too busy with the numbers – scientists call this 'cognitive load' – to resist. This helps explain why when we have a lot on our mind, we're more likely to choose the chocolate cake.

The question of whether willpower is a finite resource – that cuts out if we use too much of it – still divides experts, though. Some think it comes down to our perception. A 2015 study Bernecker and colleagues published found that people who believe their willpower is limitless are better at exercising self-restraint – and also happier. So if we think we only have a certain amount of self-control to play with, that's how we'll behave – for example, telling ourselves we deserve to skip a gym session because we've worked late all week.

But if you do wish you had more willpower, here are ten science-approved ways to strengthen your resolve – and reach your health goals.

"People who believe their willpower is limitless are happier"

1 Kick-start your willpower

Just as you wouldn't sign up for a marathon before you'd run a mile, start by flexing your willpower with something small, like taking a cold shower or going for a run when it's raining. "Small challenges build your stamina for focusing on the task at hand and can activate willpower," says Bernecker. If a cold shower doesn't appeal (and why would it?), pick one tiny aspect of a goal you want to reach, and build from there. A vow to stop swearing, to make the bed every day or to give up just one 'treat' food can strengthen your self-control, giving you more willpower reserves for bigger challenges later.

2 Watch an old episode of your favourite TV show

Turns out those *Friends* re-runs are good for you. Your willpower can fizzle out just when you need it most – especially if you've been using it all day, to choose salad instead of chips, say, or just to deal with a crappy co-worker. So at the end of the day, you can reset your resolve to get to the gym by watching a TV show or film you've already seen, according to a study published in the *Social Psychological And Personality Science*. How? It's about giving your brain a rest. Watching something familiar means "you don't have to do any of the mental acrobatics of figuring out what's going on or what's likely to happen next. You get to just sit back and enjoy," says Dr Jaye Derrick, the study's author. Even two minutes can help.

3 Make a note

We've all heard of Nike's 'Just Do It' slogan, but now there's proof that the motivational mantra actually helps. In one study, researchers found that people primed with action cues exercised for longer than those without. Post 'You got this', 'I can and I will' or any phrase you like on your mirror or computer, and look at it when you're getting ready for the gym. But if you exercise at lunchtime or after work, leave at least five minutes between finishing work and looking at your notes, because completing tasks makes you feel you've already taken action, so your brain may block out the message.

4 Tempt yourself into self-control

You can make yourself more likely to do a task you don't want to do if you associate it with something you really enjoy. The practice is called "temptation bundling" – a term coined by ▶



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◀ Katherine Milkman from the University of Pennsylvania. In one study, she found that participants whose access to audiobooks was restricted to when they were at the gym were 51% more likely to go and exercise than those who could listen to the books at any time. Do a deal with yourself where you can only listen to your favourite podcast if it's while you're out on a run or doing the washing up – or where you can only have a pedicure if you use the time in the chair to send those emails you've been putting off.

5 Lay off the Candy Crush

Or at least avoid it before taking up a task that requires willpower. You may see mobile games as mindless entertainment – or perhaps just a good way to pass the time on your commute – but they actually vacuum up your motivation to do anything else. Your brain doesn't seem to differentiate exactly how useful your actions are, only that you've taken action, even if it's just lining up three blue sweets. The University of Illinois found that people who played five minutes of a simple ball-throwing video game exercised for half as long as those who didn't. This (obvs) isn't because they were exhausted from their digital efforts and needed a rest, but because any exertion dampens motivation for further action.

6 Don't check Facebook

So your goal was to learn something new? That probably won't happen if you spend too much time hitting 'like' on your news feed. In fact, just five minutes of scrolling through the evidence of your fabulous life and friends – the idealised image of ourselves most of us present online – boosts your self-esteem. But it also reduces our motivation to do anything else that might make you even more fabulous, says Dr Catalina Toma, a professor of communication at the University of Wisconsin-Madison, who led the study. After being randomly assigned to check Facebook, students were asked to count down aloud from 1978 in intervals of seven for two minutes. Those who indulged in a little narcissism gave up more quickly than the other group, says Dr Toma, because they already felt good about themselves and had no need or desire to ace a task.

7 Exercise in the same place

Thanks in part to the boost of dopamine (the brain's natural reward neurotransmitter), the lift you get from where you have a sweat-fest means it will become your happy place, and you'll actually start to crave going there. After seven days of wheel-running, even the most reluctant of exercising rats voluntarily chose to spend time in ▶



"I can help you with that biscuit, you know…"

6 SECRET WEAPONS

Get a helping hand with these apps



THE GOAL Drink more water
THE APP *iDrated* (iOS, 79p) gives you regular nudges to remind you to drink enough H_2O throughout the day.



THE GOAL Adopt better habits
THE APP *Way Of Life* (iOS, free) lets you track, identify and change your goals, reminding you when you need to do something.



THE GOAL Quit smoking
THE APP *Smoke Free* (iOS and Android, free) tracks how many cigarettes you've skipped – then tells you how much cash you've saved and how your health has improved as a result.



THE GOAL Exercise more
THE APP *Pact* (iOS and Android, free) gives you a cash incentive to work out. If you skip a session, you have to pay other users a set amount – if they miss one, you get the money.



THE GOAL Cut down on alcohol
THE APP *Change4Life Drinks Tracker* (iOS and Android, free). This NHS tracker allows you to record your alcohol intake – pinpointing the times you overindulge.



THE GOAL Learn a new skill
THE APP *Mastery* (Android, free) lets you add your chosen skill, then tracks the hours you spend on it and turns it into a game, with rewards for the hours you clock.

◀ the place where they'd exercised, "because they'd come to like the experience and were seeking the sensations they obtained from it," says Julia Basso, lead author on the study published in *Behavioral Neuroscience*. What about humans? Basso says it should take about three weeks of consistently hitting the same exercise place or route for a similar I-heart-it-here effect.

8 When stressed, don't mess with routine

If you already have an exercise or healthy breakfast habit (of course you do, right?), you're more likely to stick to it in tough times, according to a *Journal Of Personality And Social Psychology* study. That's because when your brain is consumed with, say, relationship stress or work deadlines, it's already running short on willpower, so likes to go into 'autopilot' for as many other things as possible, says Dr Wendy Wood, a professor of psychology at the University of Southern California. Stress shuts down the regions of the brain that are involved in long-term planning and thoughtful consideration, to focus on the more primitive regions, where behaviour is automatic. So wait until things calm down to tackle more complex goals. If you force your brain to 'learn' anything else, even if it's just what time you need to leave work to make a new fitness class, the chances you'll do it are a whole lot less.

"MY ULTIMATE WILLPOWER TIP"

GLAMOUR readers share what keeps them going

"If it gets to about 9pm and I want to stop myself from eating junk, I brush my teeth. Psychologically, it presses pause on me thinking eating something is an option, as once my teeth are brushed it's technically bedtime and I have to wait until breakfast." **Helen, 35**

"I managed to kick my large-glass-of-red-wine-a-night habit by equating it to jam doughnuts. One large glass of red wine has the same calories as a doughnut. I wouldn't eat a doughnut every night, so why would I have the wine?" **Hannah, 26**

"I find Instagram a huge source of motivation. Following inspiring accounts really does motivate me to get up off my bum and make that gym visit or opt for a delicious-looking alternative to a ready meal or takeaway." **Jenny, 31**

"I schedule exercise the same way I would dinner with a friend or a business meeting. It sounds mad, but if I decide to go for a run on a Tuesday night, I go for a run on a Tuesday night, no matter how tempting that 11th-hour invite to the pub may be." **Rhonda, 32**

"My friend and I wanted to get fit, so we started running together after work a few times a week. When you have an exercise buddy, it's so much easier to stick to, because we give each other a boost when the other can't be arsed or wants to give up." **Jess, 27**

"I rarely *want* to get up at 6am for a spin class, but I know I always feel amazing after, so I tap into that positive feeling when my alarm goes off and I'm battling to get moving." **Amy, 34**

9 Gorge at the exercise buffet

Just as research has found we eat more when we have more options, one study published in the *Journal Of Strength And Conditioning Research* showed that people exercise more – and enjoy it more – when they have options. So if you've joined a gym with plenty of choice, take advantage. "Adding variety to your exercise programme can reduce the potential of becoming bored and stopping," says the study's lead author, Dr Judith Juvancic-Heltzel, an assistant professor of sport science at the University of Akron. As well as classes, try varying your workout's intensity or swapping your free weights for a Bosu ball. Worried you'll mooch around doing nothing because you're paralysed by choice? "Don't try too many different things at one time," she says.

10 Invest in your goal

Buy a piece of clothing or equipment directly related to your health goal, whether it's a special sports bra for running or a ten-pack of classes. A German study found that students who picked up a free pedometer became more active than those who didn't. Basically, you don't just wake up one day and go running – you need to walk (to the shop to buy the shoes) before you can sprint. "Preparation is an important step between planning and behaviour," the study notes. G

Photographs: Getty Images, Alamy


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WHEN THE NIGHT ENDS, NOT
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core has liquid locking gel, and gel can't leak.
Remember, great stories don't happen when
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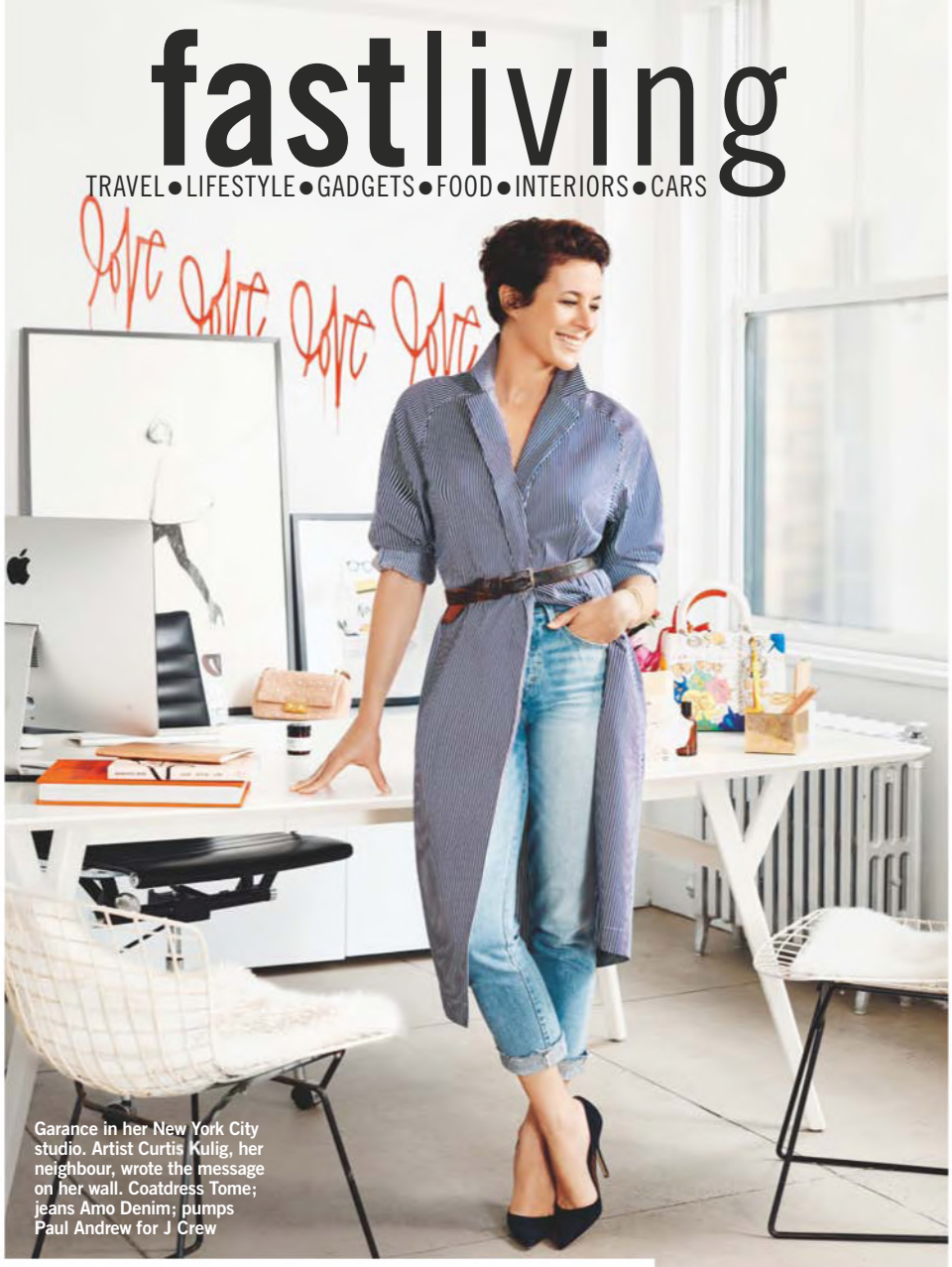
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Garance in her New York City studio. Artist Curtis Kulig, her neighbour, wrote the message on her wall. Coatdress Tome; jeans Amo Denim; pumps Paul Andrew for J Crew

How to live with STYLE

By a woman who knows – French-born star blogger **Garance Doré** ▶

The coffee table is a repurposed wooden art crate that Garance has dressed up with photography books

Yes, I'm a 40-year-old French woman, but let's be honest here: I'm not a real Parisian. I come from Corsica, and I have to tell you, in the South of France, we do it better. We invented the slow life – leisurely meals, rosé 'en terrasse', comfortable homes and easy style.

I've been living in New York City for about five years, and it's been quite an adjustment. I've learned everything there is to know about multi-tasking, networking, power dressing and restaurant hopping. Unfortunately, I also unlearned some precious things. It dawned on me recently that I'd let go of some parts of my French identity. I didn't cook, didn't spend time at home, and although I had many new friends, I'd lost my sense of hospitality. Where I come from, a home is always filled with people. There is always wine in the fridge and an extra toothbrush should anyone decide to stay the night. But it wasn't like that in New York.



Garance holds meetings around her sunny Ikat-print sofa

So I decided to reclaim my Southern Frenchness and bring that spirit to life in America. I made the effort to tell friends the door is open all the time by sending last-minute texts: "Hey, I'm making some crêpes. Wanna come over?" (It's funny to see the appeal of any sort of homemade food and an open, no-pressure invitation). Anyone can embrace that laid-back sense of hospitality, with these easy tips.

LET'S TALK ABOUT COOKING...

Where I come from, everyone cooks. Making food at home is the norm in France; going to a restaurant is an exception. And [American online takeaway website] Seamless? Ha! The only thing being delivered in Corsica is the mail. Instead, we cook the simplest of things with the best ingredients. Fresh tomato with salt and olive oil on a slice of bread can make the most satisfying lunch.

Where do we get these ingredients? It's a whole lifestyle. We buy bread every day (a baguette is a daily thing; people picture us walking around with a baguette because we *do*). And everyone shops for food on the weekends at the market. My ideal Saturday morning: grab a wicker basket, smell the tomatoes, find the perfect aubergine, and nab the best deal for fish. Then I sit at

the café with friends, comparing groceries and talking about soccer.

Now, in New York, I always try to have fresh groceries at home for last-minute meals with just a few ingredients. Pasta and courgette, for example, is delicious with only olive oil, salt and pepper. Or I'll bake fish stuffed with sliced fennel. Make diagonal slices about an inch deep on each side of a whole fish and insert the fennel. Then add lemon slices, olive oil and salt on top, and put it in the oven for 20 minutes at 400°F (200°C). In the meantime, cook some rice. Voilà, a simple and delicious dinner!

FOR GOOD FOOD YOU'LL NEED THESE ESSENTIALS...

Olive oil Get a simple one for cooking and the best you can find for salad dressing.
Herbs My top three? Basil, parsley and mint, grown in pots at home. They make the room smell like heaven.
Salt Beautiful sea salt flakes will take your food from great to amazing.
Pasta You should always have pasta in your kitchen. And always cook it al dente.
Garlic Because if you have garlic, pasta, olive oil and salt, you will have everything to make the most delicious quick meal there is.

And the more people, the better. In the South of France, friends drop by for apéritifs or for the entire evening. Everybody socialises and sips while cooking (no snacking until the food's ready!). Assign tasks to people: chopping vegetables, washing herbs, stirring the pasta. Remember, the cook is the commander and nobody can say no.

AND DON'T FORGET ABOUT LUNCH

What's up with eating in front of your computer? I remember being floored the first day I saw that in New York. I believe in taking a break – even a short one – to recharge. In Corsica, some people still go home for lunch. That might be a little extreme, but I do recommend...
1 Sitting in a park Being in nature, away from phone calls, makes a huge difference.
2 Taking a team break Join co-workers at a common table for food and jokes.
3 Trying a fast nap Seriously! I used to squeeze in ten minutes of sleep in an empty conference room, or rest on my desk.
4 Reading your favourite book The idea is to disconnect from the office in order to come back refreshed and creative.
5 Calling your mum. People in the South of France talk to their mothers every day. It might not be as relaxing as a nap, but it will definitely take your mind off work.



Objets d'art: a few of Garance's desk staples

Photographs: James Ryang

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NEW COLUMN

HAPPY

by Fearne Cotton

FEEDING YOUR MIND, BODY AND SPIRIT



What a thrill it is to have a new GLAMOUR column. My main aim is to each month fill this space with stuff that makes you feel *good*. You may know that I love music, that I get to muck around on telly, that I doodle and design and that I'm a mum. What you may *not* know is what holds it all together. What glue keeps the foundations solid while I flit about trying to do too much (like many of you reading this right now, I imagine). In the past couple of decades, women have been practically breaking world records with how much we can accomplish in a single day – and we *still* give ourselves a hard time for not being good enough.

There have been times when I felt like my life was spiralling out of control – and I'm sure I'm not the only one. I've had relationships break down or friendships end and I have been left feeling lost. The constant distraction of the internet, our phones and social media doesn't exactly help, telling us that we aren't popular enough or that we should look/feel/be a certain way. Social media and TV have a sneaky way of painting a perfect picture of others' lives, neatly wrapped up in an X-Pro II filter. I find the best way to put myself in a rubbish head space is to be at home on a Friday night and scroll through Facebook or Instagram to see how much fun EVERYONE BUT ME is having.

"I believe we all need something deeper, a little more nourishing"

I believe we all need something deeper, a little more nourishing, to counter-balance this way of life. We often don't prioritise the simple things, as they don't feel important enough to focus on (I'm guilty of this). Well, it's time to redress that! With this column, I want to share the remedies I have found that make the rest of my life work, that make my heart beat a little slower and my mind feel a little less like a Topshop sale on Boxing Day; things that allow my body to relax and truly feel in sync with what's really going on.

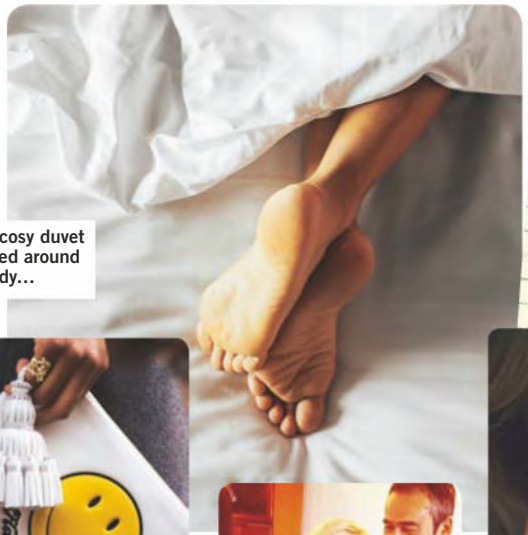
I hope you will connect with some of these too – and feel a little lighter.

Enjoy!

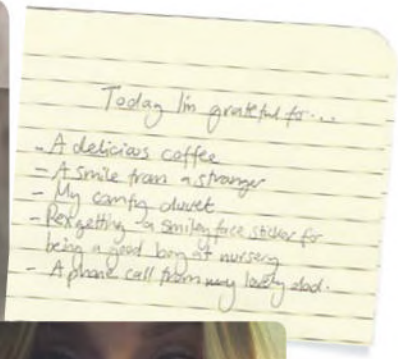
Love Fearne

My gratitude list

A friend gave me some great advice for turning around a crap day. Before bed, she writes down all the things she's grateful for that day, however small – and goes to bed happy. Last night, I thanked the universe for…



…the cosy duvet wrapped around my body…

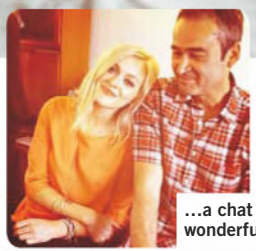




…a stranger smiling at me on the Tube…



…a coffee from my favourite mug



…a chat with my wonderful dad

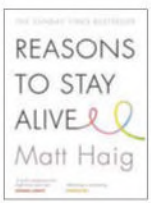
This month I'm...



Loving...

Lola's Apothecary

When I was pregnant, a friend sent me a big box of this natural, handmade heaven. My favourite is the Rose & Geranium Body Oil. I used it to keep stretch marks at bay and the bottle looks gorgeous, too.



Reading...

***Reasons To Stay Alive* by Matt Haig**

I whizzed through this book, relishing how brave Matt is in telling his story of depression and extreme anxiety, and how he found his way back to loving himself.



Doing...

something nice for a stranger, with two wonderful charities. Post Pals (postpals.co.uk) and Tyler's Trust (tylerstrust.co.uk) allow you to send cards or gifts to kids in hospital. So go on, put a smile on their face – and yours.



Making...

…art. Dr Murad, the skin guru and all-round positive person, recently put on art-therapy workshops. He explained how you can make art by just putting what comes naturally on the canvas. Art to make you feel good? Get your brushes out!

Portrait: Matt Holyoak. Styled by Charlotte Lewis. Hair: Charlotte Cave. Make-up: Anita Keeling at Jed Root. Manicurist: Sophie Harris Greenslade at Emma Davies Agency. Photographs: Stocksy, Jason Lloyd-Evans







Derek shoots Bregje Heinen (left) and Stella Maxwell (below)



Destination: gorgeous

How to do a beauty shoot when it's cold and grey in Britain? Head to St Lucia, of course



Model Stella Maxwell, photographer Derek Kettela and make-up artist Fiona Stiles work their magic

You'd think choosing a beach to shoot our summer beauty stories on would be easy, right? Think again! You need the sea to be just the right shade of blue, the sand has to be bright white and the water needs to be calm, with no waves crashing down over you. After extensive Googling of beach pictures (we know, poor us), we hit upon the perfect spot: Sugar Beach, a Viceroy Resort. In a seriously movie star-worthy scene, calm, glittering waters lap at the powdery-white sand beaches, while a butler caters to your every need.

WHERE?

Situated on the west coast of St Lucia, the resort is surrounded by a tropical rain forest and is right between the famous Piton Mountains of the island. We were lucky enough to stay in the four-bedroom Residence, an ocean-view house with private swimming pool – so Beyoncé!

ON THE MENU

The most delicious Caribbean delicacies. We ate fresh mahi-mahi fish, sipped on just-chopped coconuts and indulged in the traditional BBQ (aka a feast of every type of food you can imagine).

WHAT TO DO

Yoga classes, island tours and cookery lessons are all available. Just want to relax? Hire a private yacht or book in for treatments in the spa.

BOOK IT British Airways flies to St Lucia from Gatwick and fares start from £612 return (britishairways.com). Stay at viceroyhotelsandresorts.com/en/sugarbeach

Words and photographs by Dominique Temple



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CULT CLOTHING is a young unisex brand using bold design inspired by daily life and underground club culture. They are leaving an individual stamp on the classic tee by continuously redefining this wardrobe staple. Shop online at **www.cult-clothing.co.uk** Enter GLAMOUR15 to receive 15% off your order (Expires 31/01/16).

Dress It Up...



MU DU LONDON create hats that stand head and shoulders above the rest, with designs that are sculptural and minimal, for the confident in mind. A must have all year round. To shop their full collection visit **www.mudu.co.uk**



MADLY YOURS. A collection of uniquely hand crafted, high quality leather handbags, perfect for carrying your essentials. 'The MARI' was designed with versatility in mind with a removable strap for day to night wear. Visit **MadlyYoursCollection.com** to shop the full collection.



#IAmAQueen is an exclusive collection launched by **DYOSAH**, inviting every special woman to appreciate her uniqueness and embrace her beauty. This collection includes body chains, hand pieces, modern crowns and necklaces, using Swarovski crystals, semi-precious stones and high-end chains. Email: **info@dyosah.com** – Instagram: **@dyosahofficial**

SHOE EMBASSY create genuine leather shoes crafted to perfection, allowing style with freedom in a non-traditional way. Find their exquisite range, including 'Miss Pop' in Rouge (pictured) and get your 10% Discount with GLAMOUR10 at **www.ShoeEmbassy.com** (expires 01/02/2016).





Gone are the days of rummaging through your bag. Be chic and practical with **L&E LONDON**. Multifunctional, ethical, handcrafted handbags and accessories. To shop the full collection visit **www.lnelondon.com**



For something unique and fun this Autumn, **JARDIN DEL CIELO**'s bohemian accessories are perfect. Their leather and handcrafted ethnic fabrics set them apart, making each product unique. View their beautiful handbags and other surprises at **www.jardindelcielo.co**



ARTEMISIA is an Italian shoes and accessories brand for young globetrotters, free spirits and dynamic women, offering a range of unique and stylish designs. For daily inspiration follow them on **IG @artemisiaofficial** shop at **www.artemisia.me** and claim your 10% discount with code: GLAMOUR (expires 26/02/16).

OUMNIA BOUTIQUE. It's time to wrap a Pashmina with a Story and a Message. Raised in the UK of Persian and Lebanese origins, Nivine Maktabi introduces designs that reflect her middle-eastern roots whilst being fashion sensitive. Each statement fine scarf tells a story. Wrap it, Love it, Style it. Visit **www.oumniaboutique.com** email **nivine@oumniaboutique.com** or follow on Instagram, FB and Twitter **@nivinemaktabi**





SEIRA ELVES LONDON is a fashion conscious, handmade shoe brand originally produced in Thailand. Their innovative footwear combines quality design with comfort in a beautifully unique way. Shop their full collection online at **www.seiraelveslondon.com** or follow on IG **@seiraelves_london** or Twitter **@seiraelves_LDN**



THE BOBBLE HAT SHOP specialise in offering a wide range of stunning, stylish beanie hats with fur pom-poms, parkas and accessories, at the most competitive prices. Perfect for wrapping up this Winter! Shop their full collection worldwide online at **www.thebobblehat.co.uk** email **sales@thebobblehat.co.uk** or call **08002 465047**.



BLUE VELVET, the home of contemporary and Luxury footwear direct from the heart of Europe. Always one step ahead, they have established themselves on their quality and first-rate service. Visit them at: 174 Kings Road, SW3 4UP, call **020 7376 7442** or visit them online at **www.bluevelvetshoes.com**



LADYBUQ ART STUDIO. Created from a passion for designing beautiful leather goods, Ladybuq Art Studio use the highest quality, natural leather, to produce unique, handmade, one-off designs – each with their own soul. For more information and to shop online, visit **www.ladybuqart.pl** or **www.etsy.com/shop/ladybuq**

Advertisers should contact 020 7499 9080 ext. 3705

Glamour's Christmas Gift Guide...







1. SKINNY ROSÉ is a delicious champagne with only 275 calories per bottle, which is similar in calories to a large glass of wine, and will help with (some of) the festive excess. This is the perfect present or party fizz – so add a delicious and guilt-free treat to your Xmas. Only £38 per bottle from **www.finestfizz.biz**

2. THE BEARDED MAN CO produce a range of ethical, fabulous grooming products for the happy beard this festive season. Shortlisted for the 'Best Male Grooming Product' in the Pure Beauty Awards 2015, shop their full range at **www.thebeardedmancompany.com**

3. COMFY CLOGS Swedish samibracelets have finally arrived in London! The incredibly popular bracelets you can see on many stars today, are made of reindeer leather with silver and pewter thread with an antler button. Sizes for children, women and men. Visit **www.comfyclogs.net** or call Cecilia on **07815 750340** or **020 8780 9767** to find out more.



4. JONNY'S SISTER designs and manufactures beautiful personalised products, including bespoke orders, for all occasions. From bunting and letter cushions to typographies and personalised enamelware there is something for everyone. Exclusive 15% discount by entering GLAMOUR1 at checkout till 5th February 2016. Visit **www.jonnyssister.co.uk** or call **01935 873186**.

5. COMFY CLOGS are handmade in Sweden and available in a range of the latest fun and funky styles and colours. Sizes for women and children. Perfect and practical for pregnant women and useful in the house and garden! Real skin Clogs available in a variety of styles. Call Cecilia on **07815 750340** or **020 8780 9767** for a brochure. Visit them at **www.comfyclogs.net**



Precious Jewels...







1. The Daphne Signature Silver with red lizard strap by **DU MAURIER WATCHES** (£440). This fabulous Swiss-made, Limited Edition timepiece will sparkle through the dull, grey winter with a shot of bold red to keep you warm. Also available in other colours. See the full collection at **www.dumaurierwatches.com** or call **08455 193074.**

2. ART MASTERS JEWELRY. Gorgeous, luxurious and rich, this Nature Classic 14K White Gold 1.0 Ct Alexandrite Diamond Leaf and Vine Engagement Ring evokes glamour and elegance. Design: Gnel K. Product Code: R340-14KWGDAL Price: $2,249. Visit **www.ArtMastersJewelry.com** Email **ArtMastersJewelry@gmail.com**

3. TINKA THE LABEL is all about designing for the moment. Whether inspired by culture, history, or the everyday woman, the designs are all about diversity. With pieces including crystals, gemstones and repurposed objects, the finishing piece perfectly complements your uniqueness. Shop the full collection and one-off designs at **www.tinkathelabel.com**



4. LUCY ASHTON creates luxury sterling silver jewellery inspired by different trends and styles from around the world. Her first collection is called 'Armour' inspired by ethnic jewellery and body armour she handcrafts ornate jewellery that you won't find anywhere else. Visit **www.lucyashton.com**

5. ERIN SEMEL DESIGNS. Chic and bohemian artistry inspired by nature makes every piece unique. Gold leafed 2" Buffalo Skull with Mother of Pearl teardrop and 24kt gp chain. £63. GLAMVIP15 15% off code at **www.ErinSemelDesigns.com** or visit them on Instagram **@erinsemel** (expires 31/03/16).



6. NIKKILISSONI JEWELLERY is crafted with care, passion and designed with an authentic meaning. Wear your NikkiLissoni jewellery and mix the coins and charms that reflect your inner strength and values. Love Life with NikkiLissoni. Shop their jewellery at **www.nikkilissoni.com**

7. MINK&STONE lets users design their own personal jewellery online or shop for unique beaded jewellery designed by other fashion lovers. All pieces are handmade in the UK. Great idea for special occasions or gifts. Prices from £10. **www.minkandstone.com**

8. Precious gemstones and stunning custom designs embody the distinct **TEECE TORRE** style. Director-turned-artisan Patricia Caruso handcrafts the entire line of vibrant multi-strand jewellery, which women of every age can wear dressed up or down. Shop at **www.teecetorre.com**

9. MARINA JACOB DESIGN. This 'Paul' Ring, from Marina Jacob Design's Cascade Collection, is a stunning homage to Paul Cézanne. The works of this German artist are currently being exhibited throughout Europe. For more information, visit **www.marina-jacob.de**

10. THE LARIMAR SHOP creates one of a kind pieces in each production. As each stone is different, their designs are known for their uniqueness. This mesmerizing Larimar necklace is simply elegant and goes perfect with any outfit for a special touch. Shop online at **www.thelarimarshop.com**

11. PRIMLARK creates affordable handcrafted jewelry with a whimsical vibe. Minimal pieces in various metals that often include fine gemstones and vintage components. Make a delicate statement with this sun and crescent moon layered necklace set. Visit **www.primlark.etsy.com** and follow her world of whimsy via Instagram **@primlark**

12. HINERAVA JEWELRY. Hinerava, "Tahitian Beauty", is a contemporary luxury line of Tahitian pearl jewelry that focuses on the unique combination of exceptional precious gems with rare colours of Tahitian pearls. The designer, Kelly Bailey, is a Polynesian native whose designs embrace simplicity as the epitome of sophistication. Visit her collection at **www.hinerava.com** and follow on Instagram **#Hinerava**

13. ROSE GARDEN WATERFALL are an online UK based independent Bohemian jewellery boutique, established in 2014. They sell stunning jewels which can be your own little piece of magic. They invite you to join them in their precious jewellery cave, so leave all your worries behind and come and dance with them between the trees and let your imagination run wild.
www.rosegardenwaterfall.uk

14. RECKLESS CRUSH offers beautiful delicate, personalised jewelry for everyday wear. Jewelry is designed and handmade by Stephanie Sacks in San Diego, CA. Enjoy 15% off w/ code GLAM16 – expires April 30, 2016. View more on Instagram **@recklesscrush** and online at **www.recklesscrush.com**

15. ROSE GILLEY DESIGNS by Shannon are one of a kind pieces, handcrafted with precious metals and semi-precious stones. Single rings – $10 each, Stoned Rings – $20 each. Perfect for yourself or a friend! Shop at **www.etsy.com/shop/RoseGilleyDesigns** and use "GlamourUK" for 25% off your entire order (expires 31/01/2016).

16. CHARLTON & LOLA is a New York City based jewellery line created by Lisa Owusu, based on the principle that jewellery has the potential to transform. Inspired by history, art, philosophy, nature and the mystical, each one-of-a-kind piece is designed to thrill. For more information, visit **www.charltonandlola.com**

17. JEWELBERRY create ornate, whimsical jewellery by combining glistening semi-precious stones with gilded and silver-plated pendants to create stunning necklaces, bracelets and earrings. Shop their full collection of handmade and limited run pieces at **www.jewelberry.com**

18. MILK VELVET PEARLS, designed by Sarah Faulkner, is a brand based on a heart filled with a new hope. Inspired by her great-grandmother's heirloom pearls, Sarah has created a simply beautiful collection of pearl jewellery, that is now enjoyed across the globe. For more information, and to shop online, visit **www.milkvelvetpearls.com**

19. LAZULI HANDCRAFTED. Erika Young, a self-taught jewellery designer from Newport, RI, presents her stunning latest collection. A geologist by training, Erika uses the process of electroforming to allow particles of copper to encase natural stones, creating a beautiful raw look. For more information, visit **etsy.com/shop/lazulihandcrafted** or email **shoplazuli@gmail.com**

20. Stylish on the outside, sentimental on the inside: The Gem Spinning ring by **MERCI MAMAN** (£129). This lovely gift will be Hand-engraved in London with the names, dates or message of your choice. The team at Merci Maman will handcraft your piece within only a couple of days and they will gift wrap the ring in their signature box. Available in both sterling silver and gold plated with a choice of three different gemstones. For more information, visit **www.mercimamanboutique.com** or call **020 7731 1377**.

21. BOHOMOON is the online shopping destination for bohemian jewellery. Their stunning sterling silver and stone encrusted rings and jewels, such as the Aphrodite Ring, Aria Ring, and Blessing Ring are part of an extensive collection all available from their website **www.bohomoon.com** Join their hugely popular Instagram **@bohomoon** and quote GLAMOUR at the checkout to receive 20% off your order (expires 31/01/16).



Advertisers should contact 020 7499 9080 ext. 3705

Tiny Trends...





1. LOULOU LOLLIPOP offers the most on trend silicone teething jewelry and accessories for modern stylish parents and babies. All necklaces, bracelets and soother clips are designed and handcrafted in Vancouver, Canada with the highest quality of non-toxic materials. Free of harmful or nasty chemicals, their products are 100% tested safe and eco-friendly, soothing baby's teething pain and sore gums in style. Shop the collection **www.etsy.com/shop/louloulollipop** follow Instagram and Facebook for updates;
www.instagram.com/louloulollipopfinery
www.facebook.com/louloulollipopfinery
Photo by Cerissa Lynn Photography.
2. SHILOH Z BOUTIQUE where whimsy meets dreams and fashion galore. Offering Handcrafted bohemian inspired clothing for your little explorers. Each unique piece is designed for their personality to burst through. Created with the highest quality materials for them to experience their adventures to the fullest. Join the fun on Instagram **@shilohzboutique** and shop our free-spirited styles at **www.shilohzboutique.com** Exclusive 10% discount code: GLAM (valid until Jan. 30) Photo by Andrea Hanks. Modelled by Juliet Jane.
3. LITTLE RAGS AND RICHES by **LOL KIDS ARMONK**: This kids emporium is pretty much a one-stop, head-to-toe shopping for everything kid! Gorgeous, carefully curated and unique kids fashions and gifts from upscale European designers as well as up-and-coming artists from all around the world. Find them on Instagram – **LOLKids Armonk** and on Facebook – **www.facebook.com/LOLKidsArmonk** and visit **www.LittleRagsandRiches.com**





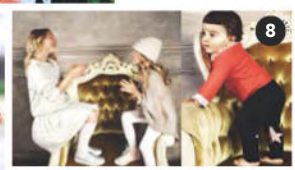
4. PARTY KITSCH turns your next children's party into an effortless occasion. From brightly coloured tableware and patterned party bags, to glittery crowns and sweetie necklaces they've got everything you need and more. Choose from a readymade party kit or hand pick the products yourself, all you need to do is...just add kids! Get free delivery on all party kits with code KITFREE Valid until 31st January 2016. Visit **www.partykitsch.co.uk**



5. THE IVY LANTERN is a Modern Children's Boutique featuring everyday clothing necessities for your child with a trendy touch. Their adjustable Bandana Bibs are a wonderfully unique alternative to the usual classic bib design! Using the highest quality fabrics, the range is as fashionable as it is functional and each piece is made to last for years allowing it to grow with your baby. Shop the collection at **www.etsy.com/shop/TheIvyLantern** or **www.instagram.com/theivylantern**







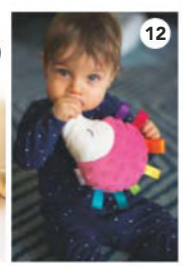
6. COSMEN COMPANY. Fun and Original bobble hats for mums, kids and babies. Each piece is 100% handmade from the finest, soft merino wool with a seamless finish. The ranges are available in many fantastic colours and sizes and bespoke orders are available on request. They are so sweet! View the Collection at **www.cosmencompany.com**
7. CHARLIE & GUS is all about unique, comfy apparel that celebrates children's individuality. Boys and girls alike can be seen in cosy organic cotton leggings and setting trends in statement animal tees. View these designs at **www.charlieandgus.com**
8. FANCY KIDS a multi-brand website presenting stylish, independent children's designers who work with organic materials only. Fancy Kids offer clothing for children aged 0-10 years old. They provide worldwide shipping and next day delivery in the UK. Use the code HELLO for 20% off on your first Fancy Kids order valid until 3.12.15 visit **www.fancykids.com** or call **020 7493 1080.**





9. Stylish threads need not cost the earth, or your pocket. Look no further than **LITTLE BIG DREAMERS** whose collection is both organic and on trend. Offering a diverse range of classic and handmade clothing to inspire creativity and individualism it is clear that this is a brand with a heart. Use code 'GLAMOUR' at **www.littlebigdreamersllc.com** for 20% off or explore on Instagram **@littlebigdreamers** (Exp: 05.01.16). Photo credit ADN Designs.
10. WILD TEEPEES can be the hub of any child's imagination, handcrafted from local materials made to order so that your little one can enjoy building their own fantasy world or simply their own cosy reading den in these gorgeous Teepees. View the collection at **www.wildteepees.com**



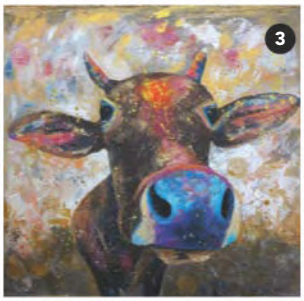


11. A little bit of imagination goes a long way, especially in the case of **TINY LITTLE DREAM**, the premium New York based brand responsible for bring smiles to many a face. Their handcrafted whimsical ragdolls are designed to inspire and dare your little ones to dream. Browse the full natural, organic and eco-friendly dolls and baby blankets collection at **www.tinylittledream.com** or find them on Instagram **@tinylittledream**
12. Crafted by hand from sumptuously soft fabrics, these adorable hedgehogs by **PETIT LOULOU SHOP** will make the perfect companions for your very own bundle of joy. Bespoke and customisable ribbons, textures and colours combine to stimulate the senses as well as allowing your baby's toy to be completely unique and one of a kind. Be inspired at **www.petitlouloushop.com** and on Instagram **@petitlouloushop**

Glamorous Living…







1. FRAMES BY ERIKA offer beautiful handmade, papercut art that can be made to a bespoke design to match your décor. Have a memorable day or design preserved for a timeless piece. Treat yourself this Christmas, contact Erika for more information by visiting **www.frames-by-erika.co.uk**

2. ROOT produce candles of the highest quality, with natural beeswax and soy blends, their gift boxed Seeking Balance range helps to give a greater sense of health and well-being with the power of colour and fragrance for information on their all natural, cleaner and longer burning candles visit **www.rootcandles.co.uk**

3. CHARLOTTE GERRARD produces stunning original paintings, high quality limited edition giclee prints and quirky, vibrant, screen prints of cows, ducks, dogs and many other wonderful animals. Recent Indian influenced works have a real sense of grace and spiritual charm. Her work is beautiful and very popular with both animal and art lovers alike. Visit **www.charlottegerrard.com/**





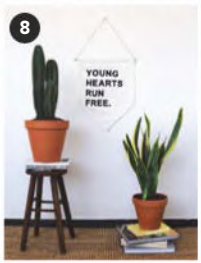


4. LOVE & GREY specialises in making fun and chic home decor including frames, pillows and wooden signs. Full of design, colour, and patterns each item is handmade and painted with love from their home to yours. Custom orders are welcome. Visit their etsy store **www.etsy.com/shop/katieruebel**

5. LDJ Designs features a range of original digitally printed silk designs. The colourful abstract patterns are inspired by nature and can be featured in a variety of textiles and colours to decorate your home. Collection available at: **www.ldjdesigns.co.uk** or email: **lauradj@hotmail.co.uk**

6. PULLMAN EDITIONS designs striking original limited-edition posters that capture the enduring appeal of Art Deco. Their newly-commissioned posters feature glamorous winter sports and summer resorts around the world, as well as the world's greatest historic automobiles. There are over 100 designs available to view and buy online at **www.pullmaneditions.com** Priced at £395 each.

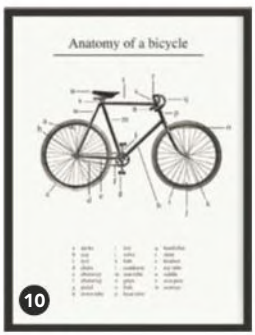






7. OH WHAT LOVELY's prints and cards are cute, inspiring and will brighten up your day! The collection plays with colours, positive slogans, vintage papers and owls of course. Open and limited edition giclée prints and screenprints are available. Exclusive 20% OFF by entering GLAMOUR at checkout until 03/01/16! Visit **ohwhatlovely.com**

8. THE WANDERING ORION creates handmade Wall Banners, Tote Bags and other cool decoration objects! Available to buy through **www.etsy.com/uk/shop/TheWanderingOrion** and if you like what you see, you can follow them on Instagram **@thewanderingorion** and Facebook **www.facebook.com/thewanderingorionshop**



9. DRAW ME A SONG creates music-inspired prints and goods, by visually interpreting popular songs. Through a combination of hand-drawn typography and fun colourful illustrations, the experimental project creates a fusion between visual art and music. Visit **www.drawmeasong.com** and **www.etsy.com/shop/DrawMeASong**

10. ANTHONY ORAM's screen prints combine clever twists on classic proverbs and modern slogans with innovative typography and visual design. Displayed is "Anatomy of a Bicycle" part of his Ride-Eat-Sleep-Repeat collection, a fun and stylish collaboration of design and bikes. They're bold, daring and a bit subversive; just the thing to shake up your walls. Visit **www.anthonyoram.com** or email **ant@anthonyoram.com** to find out more.

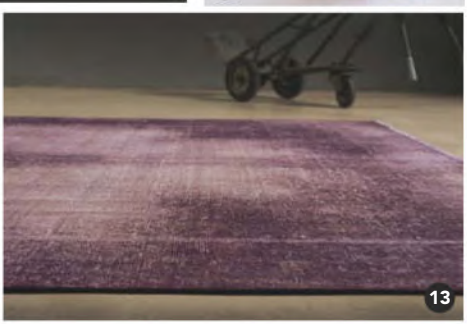




11. LOVE THY LIGHT dedicates all their 51 scents to English heritage over 4 ranges. All their luxury scented candles are handmade with the uniqueness of a wood wick which crackles when lit. Free delivery on all orders over £10, enter code GLAM10 for 10% off, valid until 31.01.16. For more information visit **www.lovethylight.com**

12. Designed and handmade in North East London, **MONTI** geometric glassware makes any space stylish. Mix and match shapes and exotic air plants to create your own unique contemporary geometric displays. Find your MONTI collection at **montibymonti.com**

13. PAD Lifestyle is an online lifestyle collective offering many unique and inspiring home and fashion brands from across the world. With so many chic, curious and eclectic pieces to find – such as this gorgeous vintage wool rug in amethyst from Berlin – it's definitely worth a look. Visit **www.padlifestyle.com**



They Call It Puppy Love...





1. Cosy and completely practical, **DOGROBES** terry towelling robes prove that there really is an easy way to dry your dog. Eliminating damp odours and protecting your home from muddy shake off they promise to be the perfect solution after wintry walks or baths. Shop the extensive range of sizes and colours with 10% discount using the code 'GLAMOUR' at **www.dogrobes.co.uk** (Exp: 31/01/16).

2. THE NATURAL PET TOY COMPANY are best known for whimsical cat toys but also design soft bone toys with aniseed for dogs. With stylish Liberty print dog collars, colourful rope leads, and luxurious pet blankets, all hand made in England, there is something to suit every stylish pet. Visit **www.naturalpet-toy.co.uk** or call **01275 370935**.







3. Never lose your pet again. **POD** is a sleek little tracking device (about the size of a wine cork), which attaches to your pet's collar and lets you instantly locate your animal from your phone, as well as track their activity and fitness levels. For more information visit **www.podtrackers.com**

4. BOWWOW produce luxury spa products for your dog, which are blended by their aromatherapist. Lemon and Geranium are the pure essential oils used in each product, which not only balance skin conditions but alleviate anxiety and stress. Products available individually or as part of a Christmas hamper. Visit **www.bowwowshampoo.com** or call **07790 982883**.







5. ARMSTRONG'S TWISTED FISH make the healthiest and tastiest treats known to canines. Handmade with natural ingredients these treats are hypoallergenic, grain-free, low in fat, have a wide range of health benefits, and dogs give them the paws up! To view the complete range visit **www.armstrongstwistedfish.com** or catch up with them on Facebook, Twitter or Instagram.

6. Super chic and cosy dog beds, elegant wooden bowls, adorable harnesses, comfy turtlenecks and so much more! Founded with passion and love for pets, **BOWL & BONE REPUBLIC** creates practical but stylish pieces all made with the highest quality materials. Visit **www.bowlandbone.com** or contact **info@bowlandbone.com**

7. Straight off the catwalk and out onto the dog walk, the Wag 'n' Walk Designer collection (by **ROSEWOOD PET PRODUCTS**) draws its inspiration from current fashion trends ensuring your pooch is always on trend. The collection offers some strong looks with a choice selection of colours and finishes to suit your furry fashionista! All styles are lovingly embellished with neat little details including charms, diamante and buttons. Shop the collection at **www.rosewoodpet.com** or products are available with a number of major retailers, online retailers and independent pet shops.

8. POPPY PARKER. offers a wide variety of luxury dog bow ties perfect for a wedding, family photo, or trip to the dog park. USA based, each item is made to order with high quality fabrics and materials. Use code Glamour2015 for 15% off your purchase at **www.poppyparkermarket.com** (Exp: 31/01/16).

Get Fit With Glamour...







1. Gone are the days when coconut oil was purely the preserve of the pantry – it is now a firm favourite on the beauty shelves of editors and anyone in the know. **FEEL SUPREME ORGANIC COCONUT OIL** can be used as a natural moisturiser as well as proving its worth in the kitchen too. Find out more at **www.feelsupreme.co.uk/shop/** find Feel Supreme on social media.

2. SLENDERTOXTEA TETOX. Time to reward your body? With their purely natural organic teatox there are many benefits from drinking, the slendertoxtea teatox is available in 14 day to 3 month packs from **www.slendertoxtea.com** Get 20% discount using code GLAMYOU until 01/03/16.

3. Protein IS for girls! **PULSIN'** Protein Snack Bars are a gym bag essential. Available in four scrumptious flavours, the bars are gluten free, have no added sugars and are utterly delicious, making them the perfect post-workout snack. Available at **www.pulsin.co.uk**



4. PIC'S PEANUT BUTTER uses the best peanuts in the world; Australian hi-oleic nuts. It's New Zealand's best loved PB. With no added palm oil, sugar or weird stuff, Pic's is glorious for its taste and crunchier crunch. Smother over celery, an apple, or even enjoy straight off the spoon. For more health benefits visit **www.picspeanutbutter.com**

Pretty Presents...

1. J21 Skincare. The ultimate high performance moisturizer with a proprietary fusion of Vitamin C and concentrated encapsulated Retinol Polypeptides. This emollient crème plumps with hydration and is enriched with Pomegranate Seed Oil, Green Tea and Hyaluronic Acid. C+ Retinol Intense Emollient leaves skin healthy, protected and nourished. Visit **www.J21skincare.com**

2. True perfume love and the scents of elements. **ARTS&SCENTS**, a young German company creates perfumes of a special kind. The art of creation is a symbiosis of artistic elements and fragrance creation. The perfumes of ARTS&SCENTS are unique, young and different. Unusual combinations and astonishing effects in every scent composition. Visit **www.artsandscents.com**

3. Say Hello to the **COHORTED** Beauty Box. The only high-end luxury subscription Beauty Box experience; loved by thousands. Filled with full-sized goodies from the best brands, such as MAC, NARS, and Chanel. Treat yourself and get your secret selection of hand-picked beauty must-haves, enclosed in an elegant all black exterior, finished with a luxury hand tied bow. Subscribe now at **www.cohorted.co.uk**

4. Introducing **LABELLE MAKEUP**'s Autumn and Winter Lip Collections ranging from Liquid lipsticks to matte lip creams. Highly pigmented, comfortable to wear, super affordable and has already received awesome reviews amongst beauty gurus and junkies alike. Get yours **www.labelle-uk.co.uk**

5. BOMBAY HAIR offer salon-quality hair extensions and styling tools at a revolutionary price point. With the aim to spread self-confidence through gorgeous hair, they are creating a revolutionary **#BombshellMovement** – shop their full range at **www.bombayhair.co.uk** and follow on Instagram **@bombayhair** quote discount code GLAMOUR for 40% off styling tools (expires 29-2-16).

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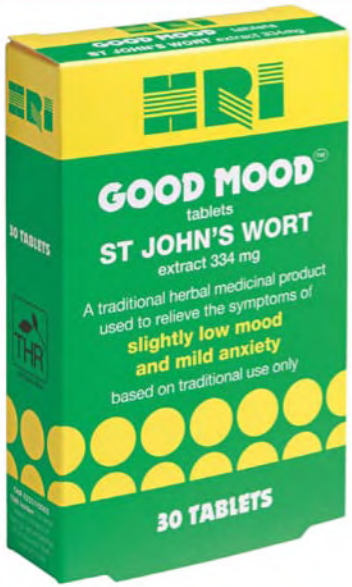








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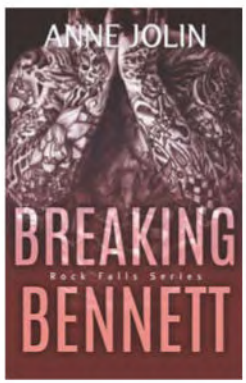
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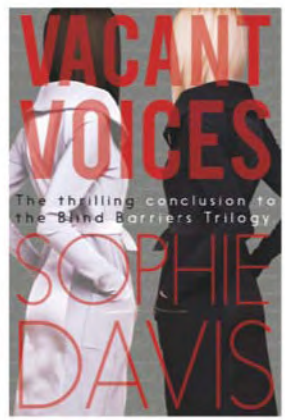
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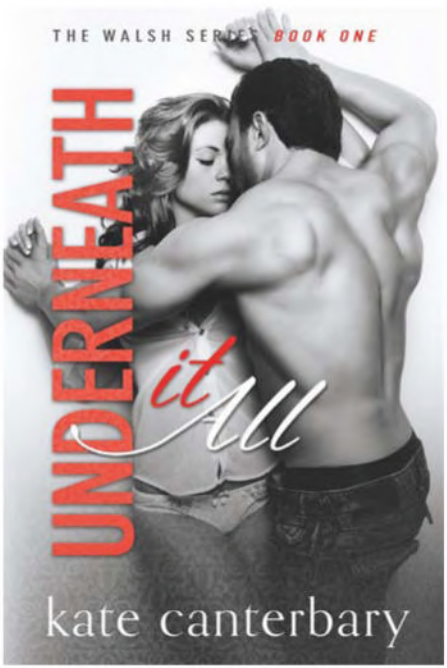
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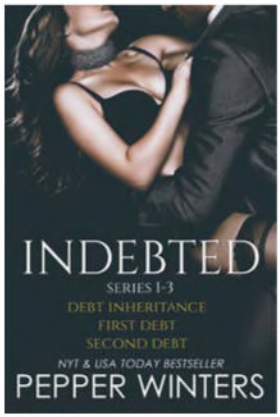
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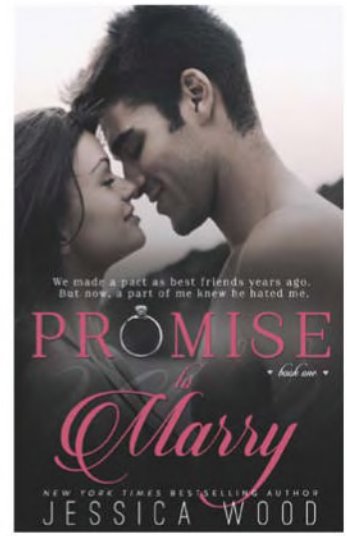
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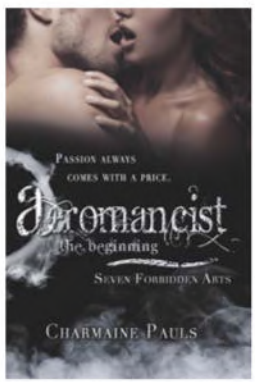
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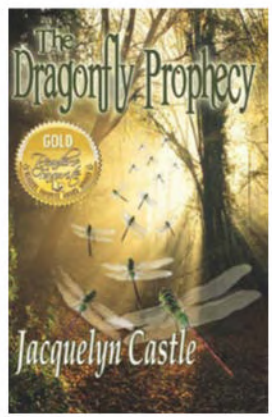
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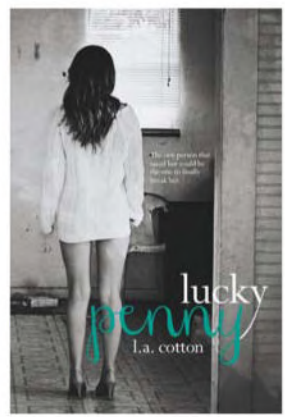
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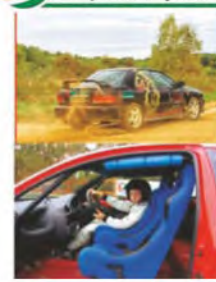
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FASHION & BEAUTY SPECIAL

A first look at all the spring/summer trends (go on, give winter the side-eye and start your summer shopping now)



Photographs: Jason Lloyd-Evans

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By Helen Whitaker. Photographs: Rex Features, Getty Images, Splash News



"THE WOMEN WHO MADE ME"

By Lena Dunham

Each issue we're asking one amazing woman: who's changed your life? Here, the creator of *Girls* shares her kick-ass list







From top **Sheryl Sandberg; Lena with Jenni Konner; Shonda Rhimes**

Sheryl Sandberg

CEO of Facebook

"With *Lean In*, Sheryl gave women a constructive guide for pushing feminism into the work space. She also has the glossiest hair; she's like the Connie Britton of the tech world."

Audre Lorde

Poet and activist

"Audre fought for equality from the '60s until her death, in 1992. Her quotes have the power to pull me up out of bed."

Shirley Kurata

Stylist

"It took me a long time to find the people in Hollywood who understand me. Shirley and I share a sense that clothes are about more than looking sexy: they're about humour and cultural commentary, and colour, colour, colour."

Jenni Konner

Co-executive

"Jenni and I started a production company founded on our belief that there aren't enough projects re-examining gender in interesting ways. It seems like she's been my best friend since kindergarten. If she doesn't text me for an hour, I think she's dead."

CeCe McDonald

Transgender activist

"CeCe was violently attacked for being trans, fought back, then was put in prison for 19 months. CeCe turned that injustice into advocacy for the trans community. Watch her on YouTube – such poise and comic timing."

Megan Ellison

Film producer

"Megan produces daring stories that don't feature superheroes or dumb girlfriends. Having a dear friend who is my age, female and owns Hollywood like she's Don Corleone has been more life-affirming than I can say."

Rheanne White

Hairstylist

"A close friend, an amazing mother, and she treats hair as it should be treated: as self-expression and fun."

Ashley Ford

Writer

"Ashley and I fell in love via social media, and then she flew from Indiana to meet me. We were both convinced that we were being catfished. Now Ashley writes for BuzzFeed, and everyone can read her pieces about gender, race and Kenny Loggins."

Shonda Rhimes

Producer of *Scandal*, *Grey's Anatomy* and *How To Get Away With Murder*

"Shonda has taken over a full freaking day of the week with her addictive programming. She's done it unapologetically. And *Scandal* has made wine and popcorn seem like a viable, even healthy, meal."

Audrey Gelman, Joana Avillez and Isabel Halley

Political strategist, illustrator and artist, respectively

"My three oldest friends: Audrey, who makes the workings of city government appear sexy; Joana, whose work is both whimsical and hip; and Isabel, whose ceramics are the perfect accents for a table. I'm counting them as one dame because together we are a unit."

Girls is back on Sky Atlantic in 2016

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